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SEPTEMBER/OCTOBER 2018, ISSUE 77
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*Chocolate
cake?*

YES.
YOU.
CAN!

SEE PAGE 74

61
feel great

RECIPES

HEALTHY NACHOS
SLURPABLE SOUPS,
CHOCOLATE DESSERTS

+

**WEEKNIGHT
SHOPPING LIST**

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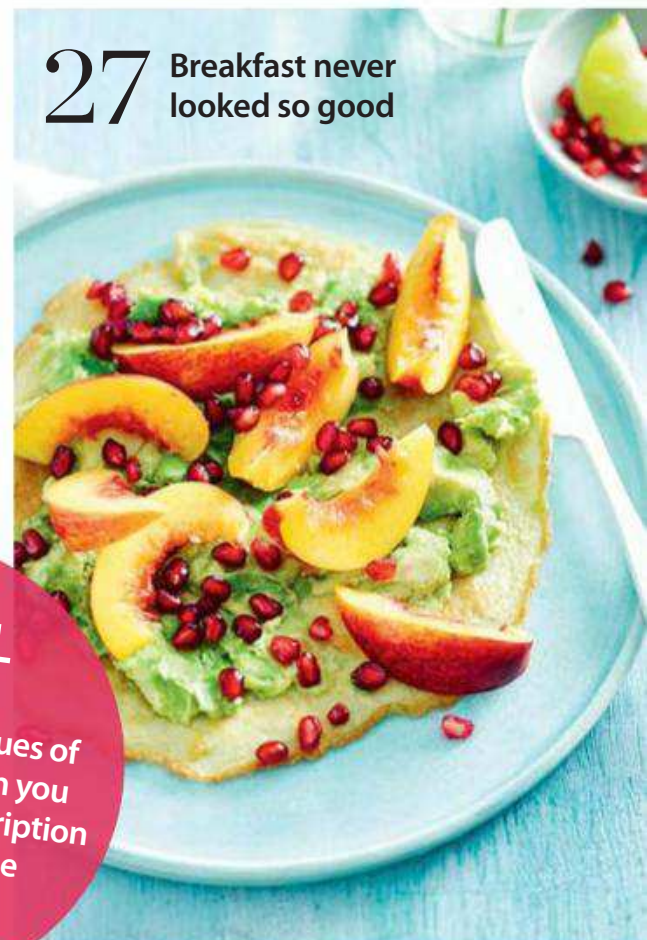
Nachos for dinner? Oh yes, you can! Grab an oven tray and you're halfway there!

SPECIAL OFFER

Receive two free issues of *Diabetic Living* when you sign up for a DL subscription for just \$34.99! See page 136 for details.

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Breakfast never looked so good



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Nothing more magical than an ice cream sandwich

welcome



Treat your body right

» I love trying new things, and recently braved a dawn dip, naked, with 2000 other people in order to celebrate the winter solstice! It certainly wasn't my usual Friday morning but it was completely exhilarating (and yes, cold – the water was 10°C) and I'm already looking forward to next year's swim.

One of the aspects I enjoyed was being reminded that people really do come in all shapes and sizes and that nobody has the "perfect" body; we just need to have the right body for us.

If you're keen to look after your body (and I can't think of a good reason you wouldn't be), we've got loads of recipes and articles to get you on the right track. Turn to page 104 for tips on how to take control if you've just been diagnosed with pre-diabetes, or page 100 for a game

plan on staying positive after a type 2 diagnosis. Losing just a small amount of weight (experts say 5-7 per cent) will make a difference, and we have 10 must-know tips to start your weight-loss journey (page 110).

You'll need some delicious fuel to look after that body of yours, so make weeknights easy with our yummy traybakes (hello, nachos!), stay warm with super-powered soups or, if the tiramisu chocolate cake roll on our cover is calling your name, head straight to page 74 and start cooking!

We love hearing from you, so let us know how you like looking after your body – after all, we only get one!

Alix

Alix Davis, Editor

JOIN US ON...

Need more inspiration to eat well and exercise? You'll find more great recipes and loads of ideas on our website.



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You tell us

Here's where you have your say, tell others your stories and give feedback on your magazine

RECIPES A GODSEND

My husband is on the borderline of type 2 diabetes and was advised to change his diet. Being on a budget I thought this is going to be expensive with different diets for the family.

While in the waiting room I noticed *Diabetic Living* and looked through it. And was AMAZED.

Most of the ingredients were already in my food cupboard. The recipes we tried were delicious and healthy. All the family now eat them, and it costs less than my normal shopping bill.

I will recommend *Diabetic Living* to my family and associates. Well done. A healthier us.

S. Mackarlane, Qld

More on HbA1c please

At last, I understand why my HbA1c results do not compare easily with my meter results!

Thank you so much for making that observation (May/June 2018, page 86) – a small paragraph which explains a lot.

Would you mind printing a couple more examples please, eg. HbA1c of 6 and 8 per cent? I really appreciate that your (our) magazine is not only very informative and helpful, but also reliable. Keep up the good work!

Joy Bartlett, NSW

We hear you Joy and plan to cover this topic in future issues. Thanks for your letter!

STAR
LETTER

Keeping on track

I have recently found I am pre-diabetic; now I have found out I have a genetic condition that results in hypermobility.

I am 45, can barely walk some days, struggle to function and have started at the gym with a trainer who knows this condition.

It's going to be a very slow process. Your magazine provides inspiration to keep eating on track, even if the weight loss is so slow it's imperceptible.

Cathy Sarhanis, Vic

Shopping list a help

I would like to thank you for having the shopping list back in the May/June issue. I love it because I often over-purchase my fruit and veg, which can be wasteful if not used. With the list there is little or no waste.

Helen Clinnick, NSW



Don't take anger at face value

Your article 'Anger Management' (May/June 2018, page 90) really hit home for me because it was so true for my family. My dad suffered terrible rages and I used to be too terrified to go out with him as you never knew when he would fall into a rage.

However, for my dad it was undiagnosed depression that was the cause of the rages. A doctor finally realised and put my dad on antidepressants and the rages disappeared. I had a new dad and we did a lot of things together and had fun.

The psychiatrist told Mum he did not know why dad was so angry, it was simply a response to chemicals in the brain. It is so important that we don't accept anger in men as a normal male thing and look for causes.

I have every issue of *Diabetic Living* and to keep track of recipes I have found a card index really useful. I put down the name of the dish, issue and page number and put them under categories such as breakfast, desserts or salads, for example.

Susan Piddock, SA

Send your letters to diabeticliving@pacificmags.com.au

LOOK

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OUR EXPERTS

Dr Kate Marsh

**Dietitian and
diabetes educator**

Kate, who has type 1, is in private practice in Sydney.
nnd.com.au

Christine Armarego

Exercise physiologist

At her clinic, Christine focuses on exercise as a way to improve BGLs. theglucoseclub.com.au

Dr Sultan Linjawi

Endocrinologist

A diabetes specialist, Sultan has a clinic in Coffs Harbour, NSW.
drsultanlinjawi.com

Dr Janine Clarke

Psychologist

Janine is in private practice at Mend Psychology and The Sydney ACT Centre.
mendpsychology.com.au

Dr Gary Deed

General practitioner

Gary, who has type 1, is devoted to helping people with diabetes. He is in practice in Brisbane.

Danielle Veldhoen

Podiatrist

Danielle works at Flinders Medical Centre, South Australia.

Dr Angus Turner

Ophthalmologist

Angus directs Lions Outback Vision, providing specialist eye-care services to remote areas of WA.
outbackvision.com.au

Elissa Renouf

Type 1 parent

Elissa is the owner of Diabete-ezy and a mum of four kids with type 1. diabete-ezy.com

JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

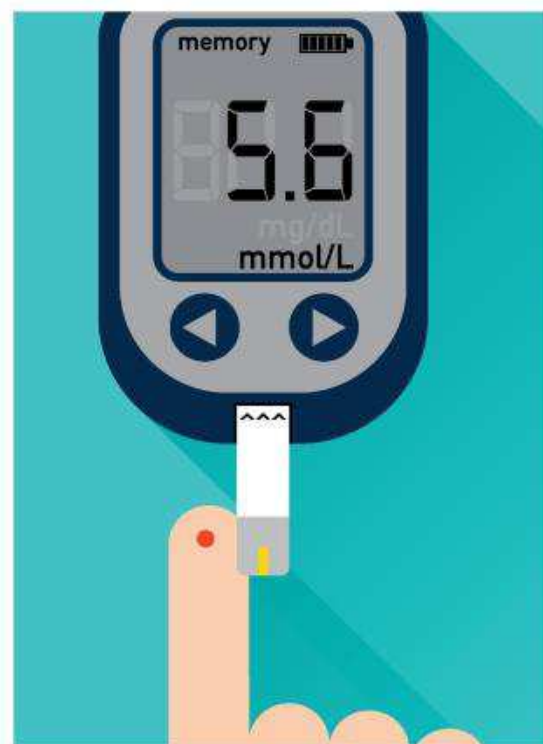
DIABETES 101

Getting your head around "diabetes lingo"? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialed Diabetes

Educator for more guidance.

- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being



diagnosed, because the pancreas produces less insulin over time.

- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

Food myths for PWD*...

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

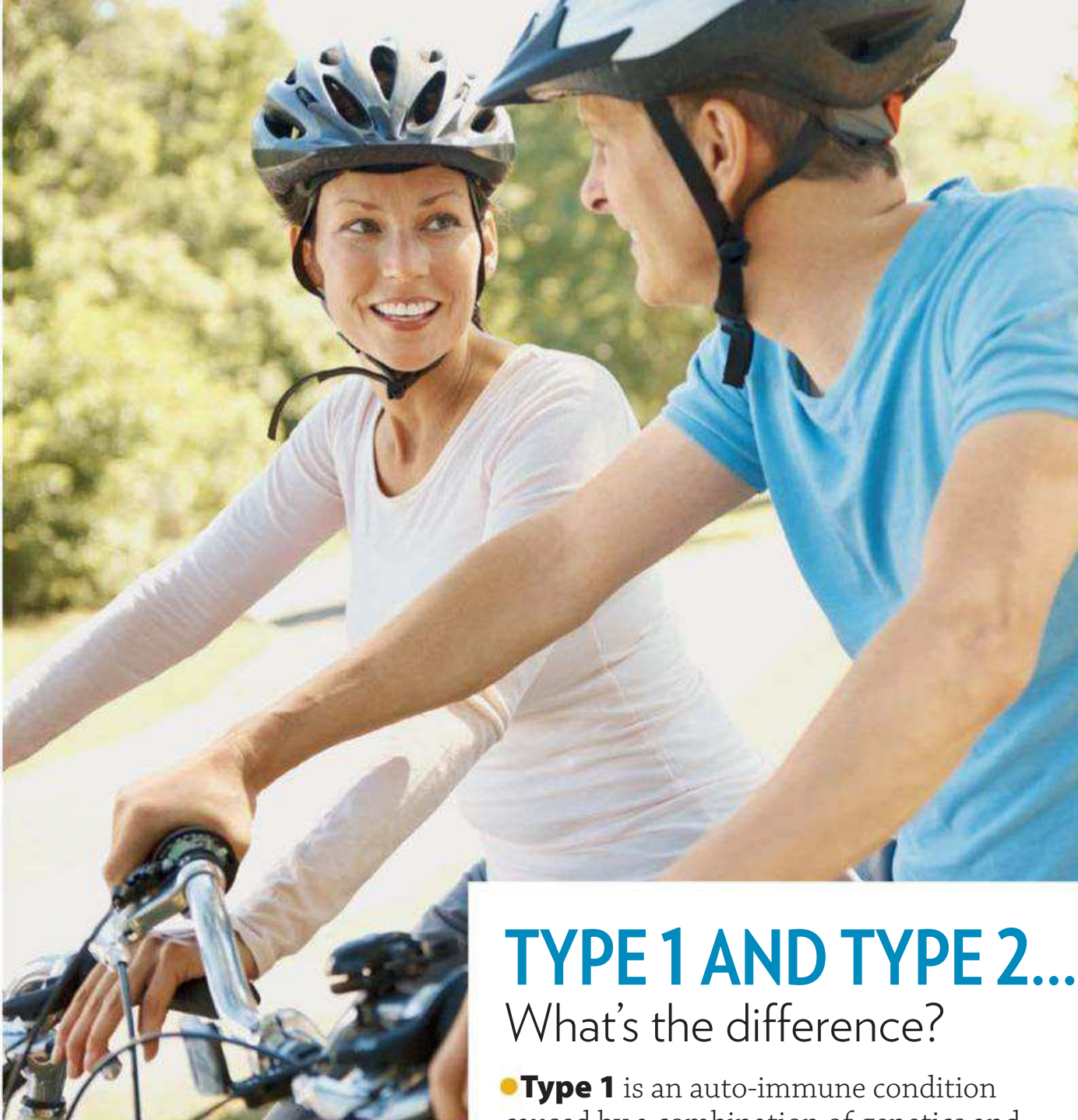
No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

*That's People With Diabetes



Losing just 5% of your body weight can have a positive impact.

WORDS KAREN FITTALL PHOTOGRAPHY GETTY IMAGES

TYPE 1 AND TYPE 2...

What's the difference?

- **Type 1** is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

- **Type 2** is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.



Take this to heart

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.



2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.



3 WE'RE HERE

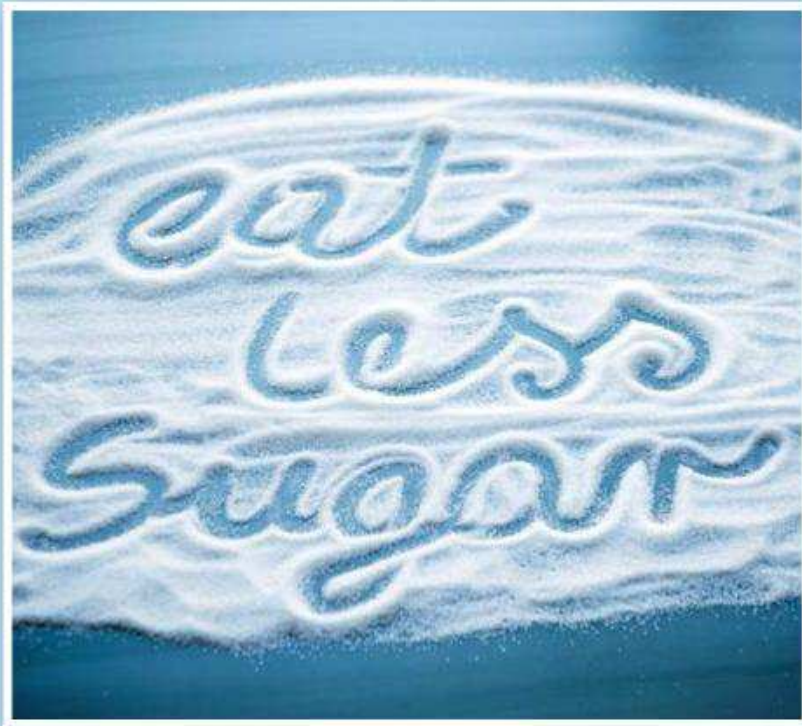
Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■

YOUR healthy life

From fish to fitness, the latest global diabetes research shows promising signs

COCA-COLA CUTTING SUGAR

"We're listening. Sugar in moderation is fine, too much isn't good for anyone," reads a recent Coca-Cola advertisement which appeared in newspapers in Australia following the news Coca-Cola South Pacific and Coca-Cola Amatil will reduce sugar content in their non-alcoholic drinks by **20 per cent**, by 2025. "We have been part of the Australian community for 80 years and, as people's tastes and preferences have changed, so have we," says Coca-Cola South Pacific president Vamsi Mohan. "We will increase the pace of change to offer more great-tasting drinks in line with what people want today." For more information, visit ourwayforward.com.au.



A HUMBLE FLOWER WITH BIG OPPORTUNITIES

Need another reason to enjoy a warm cup of chamomile tea in the evening? With a rich history of medicinal use, dating back to ancient Egyptian, Greek and Roman times, findings published in journals *Molecular Nutrition & Food Research*, and *Nature*, identified that chamomile has holding properties which can manage the absorption and metabolism of sugars in our bodies. Both studies further concluded the potential ability for chamomile to help control, or even prevent, diabetes.

New pump on the block

The arrival of the mylife YpsoPump introduces a slick, smaller and lightweight device operated by touchscreen – much like a smartphone – and provides further information on the mylife app for your phone. For more information, visit mylife-diabetescare.com.



Pioneering bandages

Researchers at Northwestern University in Illinois have created a bandage that can help speed up the healing process of foot sores among people with diabetes. Applied in liquid form, as it reaches body

temperature it solidifies into a gel in the exact shape of the injury. They found this new bandage heals wounds 33 per cent faster than regular bandages in people with diabetes. More research is to be carried out.



Blogs to get on board with

● **T1 FRIENDLY FOODIE** (t1friendlyfoodie.com)

Nikki is a passionate diabetes advocate with type 1, who recently launched her food blog. Featuring her own low-carb, low-sugar, low-fat, healthy and guilt-free recipes, she also shares product reviews and tips to overcome cravings.

● **DIABETES SELF-MANAGEMENT**

(diabetesselfmanagement.com/blog)

Covering the latest news, practical how-to information for people with diabetes and those living with someone with diabetes, and the latest technology to help support management, Diabetes Self-Management provides helpful tips on healthy living with diabetes.

● **BOB'S BLOG** (fractis.net)

Keen runner Bob shares his thoughts and experiences of living with type 2 diabetes. He also explains how he manages his condition through diet, oral medication and exercise.

GET FIT TO PROTECT YOURSELF

There is growing evidence that sedentary behaviours – such as sitting in the office or on the couch – are linked to diabetes, heart disease, obesity and other chronic conditions. A new study from the University of Glasgow, published in *BMC Medicine*, found for every two hours sitting, the risk of dying from

any cause is two times greater in people with lower grip strength than those with a higher grip. To get your muscles moving – and increase your grip with weights – at home, turn to page 126.



Do carbohydrates make you put on weight or does fat make you fat?

Sultan says: Calories are units of energy. And if we consume too many the body will store the excess as fat.

The number of calories derived from carbohydrate and protein is about 4 calories/gram. Fat has 9 calories/gram and alcohol 7.5 calories/gram. How many calories we need each day depends on age, activity and health; safe to say if you are gaining weight, you are probably eating too much.

Plan portion sizes and look at the calories in foods. Dividing your plate so half has non-starchy vegetables, a quarter carbohydrate and a quarter protein is a good way to help balance intake.

Once you gain weight and develop insulin resistance, carbohydrates will cause your blood glucose to rise. So don't think it's all about avoiding this or that if you want to lose weight. Swapping rice for a large steak is the same amount of calories and causes the same weight gain. It's all about a little bit less every day if you want to succeed. ➤

Dr Sultan Linjawi, endocrinologist

Email your questions to:

diabeticliving@pacificmags.com.au

Post: Diabetic Living, Q&A: Health,
GPO Box 7805, Sydney, NSW 2001.

Improve your health by riding an e-bike

Experts from the Centre for Exercise, Nutrition and Health Sciences at Bristol University have discovered people with type 2 diabetes typically have symptoms – such as a lack of energy and lethargy – that discourage exercising. A recent study led by Professor Ashley Cooper revealed an e-bike (a standard bicycle with an electric motor) gave participants the confidence to overcome barriers of active travelling and take on more difficult stages of cycling, such as hills. It concluded e-cycling could increase the fitness of people with type 2.



ARE BLIND FISH THE ANSWER?

In the dark caves of Mexico swim fat, eyeless cavefish: **Mexican tetra** (*Astyanax mexicanus*). Harvard researchers have taken an interest, after discovering the fish are resistant to insulin, yet perfectly healthy.

“Evolution has tried a lot of gene variants over millions of years and I think that’s smarter than anything we can come up with,” says Nicolas Rohner, a co-author of the study. “It would be silly not to look.”

COULD A PILL BE IN SIGHT?

Injecting yourself with insulin could be a thing of the past, as researchers successfully administer insulin through capsules to rats. Although this is not the first attempt to create and trial an insulin pill, researchers at Harvard University remain positive about the future, sharing their findings in the *Proceedings of the National Academy of Sciences*.



21%

The amount you can reduce your risk of gestational diabetes by increasing your fitness levels before conceiving, found researchers at the University of Iowa.

HELGA'S NEW GLUTEN-FREE RANGE

The highly anticipated return of Helga's gluten-free range allows buyers to indulge in their favourite bread loaves – available in Traditional White, 5 Seeds, Soy & Linseed, Traditional Wholemeal, and Mixed Grain. Perfect for those looking to reduce their gluten intake, as well as those with coeliac disease, this new range is now available at Coles, Woolworths and independent supermarkets for \$6.99.



As a nation, we are losing weight...

But, our excess fat – as explained by Diabetes Queensland – is equivalent to about 145,000 Toyota Corollas. The research, conducted by Roy Morgan Research for the Medibank Better Health Index (Australia's most up-to-date quarterly health study), found the number of Australians who fall within the 'healthy weight range' has increased by 200,000 people within the last year. Although this is a step in the right direction, the index continues to confirm the nation's mean BMI (body mass index) is still firmly overweight, remaining at crisis level.

	% OVERWEIGHT/ OBESE IN 2016	% OVERWEIGHT/ OBESE IN 2017
18-24 year olds	37.2	34.6
25-34 year olds	56.5	54.4
35-49 year olds	65.5	65.4
50-64 year olds	71.4	72.8
65+	69.6	69.4



How do I deal with the 'diabetes police'?

Janine says: As frustrating as it is, it's important you find a constructive way to work with people who can't help but provide constant advice, prompts and commentary on how you are managing your diabetes. Why? Because very often they are partners, parents, friends and co-workers who care a lot about you, and who you care about, too.

Start by letting them know how their ongoing advice makes you feel. Perhaps it makes you feel that you can't be trusted, or are not capable. Maybe it makes it harder for you to do what's needed. Try not to criticise or blame, and recognise that most advice is motivated by good intentions. State what would be helpful and be clear about the support you would like.

Lastly, self-promote! Let your loved ones see how much you are capable of. Whether it's getting some exercise, cooking a healthful meal or testing blood glucose, let them know how much you know and are capable of doing. ■

Dr Janine Clarke, psychologist
Email your questions to:
 diabeticliving@pacificmags.com.au
Post: Diabetic Living, Q&A: Health,
 GPO Box 7805, Sydney, NSW 2001.

TRUST THE *nose*

One of this year's recipients of the annual Canine Hero Awards was five-year-old Mirandah Wilson's labrador, Koda

▶▶ The Canine Hero Awards – announced at the Sydney Royal Easter Show – recognise dogs who perform acts of bravery or companionship. Koda received Companion Dog Award for making a significant difference in Mirandah's life living with type 1. "Koda has alerted [us] numerous times to Mirandah's dangerously low [blood glucose] levels, especially during the night," says Mirandah's dad, Derek Wilson. "Koda's award was a big surprise to us and a very prestigious and proud moment for all of us."

Two-and-a-half-years ago, Mirandah was rushed to the emergency department in a critical condition. After having been sick for a few weeks and having blood tests four days earlier, she was diagnosed with type 1. "Most who have type 1 are one tough breed that just take their diagnosis in their stride," says Derek. "We really encourage her that no matter what life throws at her, she can do anything she wants."

WORDS ELLIE GRIFFITHS PHOTOGRAPHY SUPPLIED BY DEREK WILSON,
MAX & MOLLY PET PHOTOGRAPHY



Having previously worked with scent-detection dogs in a non-medical-related field, Derek was aware of their abilities, but it wasn't until he was sitting down at a barbecue with friends that they started talking about tools and equipment the family could use to help manage Miranda's type 1. "Then they mentioned medical alert dogs," he says. "Something that we hadn't considered."

Through a four-week process at service dog breeder Tapua Labrador, where they saw a litter's reaction and interaction to scent swabs of Miranda's low blood glucose levels, desensitising of noises and more, two-month-old Koda was picked to become a diabetes alert dog for Miranda.

"It takes a very special dog to be a medical alert dog and the selection process is only the start," says Derek. "The first two years of any service dog's training are crucial, and full on, and sometimes when they get to this stage of training they may not be completely right for the job."

At this stage, two-year-old Koda has been trained to alert when Miranda's BGLs are 4.7 or lower. "When I'm low she comes and sniffs me," says Miranda. "Then she barks and Mum or Dad come and check on me to see if I'm low."

In saying that, there have been times where Koda has been alerting, but upon checking, Miranda was in the normal range. "But Koda would not let up," explains Derek. "So we rechecked five minutes later and Miranda was hypo!"

Derek says as much as they love Koda, a medical alert dog is a very expensive and time-consuming commitment. Getting the best results involves hard and continuous work, and you need to know when to draw a line – especially when it comes to training – as they have a job to do.

"A medical alert dog cannot be trained from nothing to superstar in just 12 months," he says. "You

must also remember having a medical alert dog is not foolproof. Just like technology, they have their off days and times where they are just not on the ball. But in saying all that, if you are committed and willing to take on all the work, it is also very, very rewarding."

Although Koda is a worker, who is still undergoing training with further goals to reach, she is also a part of the Wilson's family.

"Miranda understands that Koda is there to help her with her low BGLs, but really, Koda is [her] best friend. Miranda is proud of her girl and loves telling people all about her and the job she has to do," says Derek. "She is the best dog ever," adds Miranda. ■



It takes a very special dog to be a medical alert dog

NIGHT CHECKS

* Koda sleeps with Miranda and has picked up a number of her blood glucose level drops while she is asleep. "One thing we have learnt is to 'trust the nose,'" says Derek with a laugh. "[But] we still do a 2am check just for peace of mind."





so simple OVEN TRAY DINNERS

Your favourite healthy meal essentials are roasted and caramelised to perfection in these tasty oven-baked recipes. Our four distinct flavour profiles promise you'll never get bored using your trusty baking tray

sweet tradition

MAPLE-ROASTED CHICKEN WITH SWEET POTATO WEDGES AND BRUSSELS SPROUTS

Maple syrup brings out the sweet notes of roasted Brussels sprouts in this classic dish.

see recipe, page 22 >>

How our
food works
for you

see page 83

GF

NUTRITION INFO

PER SERVE 1590kJ,
protein 25g, total
fat 15g (sat. fat
3g), carbs 31g, fibre
10g, sodium 109mg
• Carb exchanges 2
• GI estimate low
• Gluten free

NUTRITION INFO

PER SERVE 1990kJ,
protein 28g, total
fat 15g (sat. fat
3g), carbs 51g, fibre
11g, sodium 770mg
• Carb exchanges 3½
• GI estimate low
• Gluten-free option
• Lower carb

GFO

LC

*with love
from Italy*

ROAST CHICKEN SAUSAGES AND CAPSICUM

Roast lean chicken sausage,
capsicum and tomatoes for
low-carb Italian fare.
see recipe, page 22 >>

spicy Jamaican

CARIBBEAN PRAWNS

This delicious blend of spices and seafood will tantalise tastebuds with a vibrant mix of flavours and colours.

see recipe, page 22 >>

GF **NUTRITION INFO**
PER SERVE 1660kJ,
protein 25g, total
fat 11g (sat. fat
2g), carbs 46g, fibre
8g, sodium 572mg
• Carb exchanges 3
• GI estimate low
• Gluten free

NUTRITION INFO

PER SERVE 1380kJ,
protein 25g, total
fat 10g (sat. fat
5g), carbs 32g, fibre
5g, sodium 439mg
• Carb exchanges 2
• GI estimate low
• Gluten-free option

GFO

Tex-Mex with a twist

ASIAN PORK NACHOS WITH WASABI CREAM

Everyone's favourite gets an
Asian flavour lift with wasabi
and Chinese five-spice powder.
see recipe, page 23 >>

Tips & tricks

FOR TRAY BAKING

1 Pick the right tray.

Use a 38 x 25cm baking tray made from heavy-gauge aluminium or steel. These materials create better browning on the ingredients.

2 Cut it right.

Follow recipe directions for slicing thickness and dicing size. This ensures all ingredients will be cooked properly and won't turn to mush.

3 Make it sizzle.

For recipes with larger pieces of meat such as chicken thighs, preheat the pan 5 minutes before adding the ingredients. The hot pan will sear the meat, locking in flavour and juices.

4 Space it out.

Spread ingredients in a single layer for the best texture and browning. If too close together, they'll steam and not roast. To fit an entire meal's worth of food, you may need two trays.

5 Save time.

Once the tray has made its way into the hot oven, start prepping any toppings and sauces so they're ready when dinner is. ➤

Health Tip

Pork is an excellent source of zinc, which helps boost immunity and supports cell growth and repair. One serving of our Asian Pork Nachos with Wasabi Cream (opposite) provides about 25 per cent and 15 per cent of the RDI of zinc for women and men respectively.



MAPLE-ROASTED CHICKEN WITH SWEET POTATO WEDGES AND BRUSSELS SPROUTS

PREP TIME: 20 MINS

COOK TIME: 35 MINS

SERVES 4 (AS A MAIN)

- 2 Tbsp pure maple syrup
- 1 Tbsp thyme leaves
- Freshly ground black pepper
- 1 Tbsp olive oil
- 450g orange sweet potato, peeled, cut into 2.5cm pieces
- 450g Brussels sprouts, trimmed, halved
- 4 (about 130g each) bone-in chicken thighs, skin removed, trimmed of fat
- 3 Tbsp chopped toasted pecans (see Cook's Tip)
- 3 Tbsp chopped dried cranberries

1 Preheat oven to 200°C (fan-forced). Combine the maple syrup, thyme, pepper and 1 tsp oil in a small bowl.

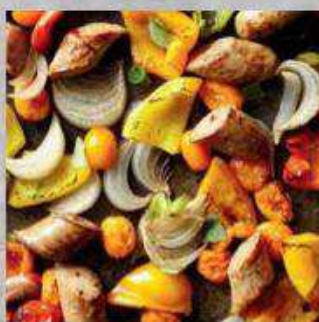
2 Put the sweet potato, sprouts and remaining oil in a large bowl. Season with pepper and toss to combine.

3 Heat the tray in the oven for 5 minutes. Remove tray from oven and spray with cooking spray. Arrange chicken, meaty-side down in the middle of tray. Arrange vegetables around the chicken. Roast for 15 minutes.

4 Turn chicken and veg over. Brush with maple syrup mixture. Roast for 15 minutes, or until chicken is cooked through and sweet potato is tender. Sprinkle with pecans and cranberries, to serve.

COOK'S TIP

To toast pecans, place on a tray and bake in an oven preheated to 170°C (fan-forced) for 7-8 minutes or until lightly toasted and aromatic. Cool then chop.



ROAST CHICKEN SAUSAGES AND CAPSICUM

PREP TIME: 10 MINS

COOK TIME: 35 MINS

SERVES 4 (AS A MAIN)

- 4 medium red, yellow, orange, and/or green capsicums, cut into 2.5cm pieces
- 1 large red onion, cut into thin wedges
- 250g punnet cherry tomatoes
- 1 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 350g lean chicken sausages or gluten-free sausages
- 1 Tbsp chopped oregano
- 8 x 1cm-thick slices sourdough bread or gluten-free bread, toasted, to serve

1 Preheat oven to 200°C (fan-forced). Spray a large baking tray

with cooking spray or line with baking paper.

2 Add the capsicum, onion and tomatoes to the tray. Drizzle with oil and vinegar. Toss to combine. Roast for 20 minutes.

3 Push vegetables to one side of tray, leaving one-quarter of tray free. Spray sausages with cooking spray and add to pan. Roast for 10-15 minutes, or until vegetables are tender and sausage is cooked. Diagonally slice the sausages.

4 Sprinkle the sausages with oregano. Serve with bread slices.

COOK'S TIP

Try replacing chicken sausages with lean beef sausages; oregano with basil or flat-leaf parsley.



CARIBBEAN PRAWNS

PREP TIME: 20 MINS

COOK TIME: 15 MINS

SERVES 4 (AS A MAIN)

- 700g green prawns, peeled and deveined with tails left intact
- 6 x ½cm-thick slices peeled and cored pineapple, halved
- 2 large red capsicum, cut into thick strips
- 2 large red onion, cut into thin wedges
- 1 chilli, halved lengthways, seeds removed, sliced
- 2 Tbsp olive oil

1 Tbsp Cajun seasoning
 ½ cup coarsely chopped coriander
 150g (¾ cup) Doongara Low GI
 Brown Rice, cooked following
 packet directions
 Lime wedges, to serve

1 Preheat oven to 200°C (fan-forced). Spray two large baking trays with cooking spray or line with baking paper.

2 Put the prawns, pineapple, capsicum, onion, chilli, oil and Cajun seasoning in a large bowl. Toss to combine. Divide prawn mixture between the trays.

3 Roast the prawn mixture for 12-15 minutes, or until the prawns are just cooked. Sprinkle with coriander and serve with brown rice and lime wedges.

COOK'S TIP

You can replace the red capsicum with green capsicum and the red onion with brown onion.



ASIAN PORK NACHOS WITH WASABI CREAM

PREP TIME: 10 MINS

COOK TIME: 15 MINS

SERVES 4 (AS A LIGHT MEAL)

10 Mission White Corn Tortillas
 150g shredded cooked pork loin
 or skinless chicken breast fillet
 (see Cook's Tip)

2 tsp salt-reduced or gluten-free
 soy sauce
 ½ tsp Chinese five-spice
 110g (1 cup) grated reduced-fat
 cheese
 160g (2 cups) raw coleslaw mix
 (no dressing)
 2 green shallots, chopped
 ¼ cup chopped coriander

Wasabi cream

2 Tbsp extra light sour cream
 2 Tbsp fat-free Greek-style
 natural yoghurt
 2 tsp water
 ½ tsp wasabi paste

1 Preheat oven to 200°C (fan-forced). Cut each tortilla into six wedges. Arrange one-third of the tortillas over a large baking tray. Spray with cooking spray. Bake for 8 minutes or until the tortillas are golden and crisp.

2 Toss the pork, soy sauce and five spice in a medium bowl.

3 To make wasabi cream, whisk all ingredients in a small bowl.

4 Spread tortilla chips in baking tray. Top with pork and grated cheese. Bake for 5 minutes or until cheese melts. Top with shallots and coriander. Drizzle with cream.

COOK'S TIP

To cook the pork or chicken, spray a small non-stick frying pan with cooking spray. Heat over medium heat. Add the chicken or pork and cook for 8-10 minutes, turning the chicken once and the pork occasionally. ■

breakfasts

How our
food works
for you

see page 83

NUTRITION INFO

PER SERVE 1410kJ,
protein 22g, total
fat 22g (sat. fat 5g),
carbs 9g, fibre 8g,
sodium 250mg

- Carb exchanges $\frac{1}{2}$
- GI estimate low
- Gluten free
- Lower carb

GF

LC

Forget Toast

Serve our scramble with tomatoes and spinach for a speedy supercharged breakfast. A true superfood, spinach is bursting with nutrients that are important for our skin, hair and bone health.

BASIL SCRAMBLE WITH WILTED SPINACH & TOMATOES

see recipe, opposite >>



GOOD *mornings*

Pack supercharged ingredients into the most important meal of the day

BASIL SCRAMBLE WITH WILTED SPINACH & TOMATOES

PREP TIME: 5 MINS

COOK TIME: 5 MINS

SERVES 2 (AS A BREAKFAST)

1 Tbsp olive oil
3 small tomatoes, halved

4 x 60g eggs
2 Tbsp water
4 Tbsp natural yoghurt
Freshly ground black pepper
1 cup basil leaves, chopped, plus
extra leaves to serve (optional)
175g baby spinach leaves

1 Heat 1 tsp oil in a large non-stick frying pan over medium heat. Add tomatoes and cook, cut-side down, for 2-3 minutes or until tomatoes soften.

2 Meanwhile, whisk eggs, water and yoghurt in a jug. Season with pepper. Stir in the basil.

3 Transfer tomatoes to serving plates. Add spinach to pan and stir until wilted.

4 Meanwhile, heat remaining oil in a small non-stick frying pan over medium heat. Pour in egg mixture. Stir every now and then until scrambled and just set.

5 To serve, divide spinach between serving plates. Top with scrambled eggs and extra basil leaves, if using.

HEALTH TIP

Eggs are great value for money and a good source of protein. ➤

breakfasts



ORANGE & BLUEBERRY BIRCHER

PREP TIME: 5 MINS (+ 20 MINS COOLING + OVERNIGHT CHILLING)
SERVES 2 (AS A BREAKFAST)

75g ($\frac{3}{4}$ cup) rolled oats
2 Tbsp linseeds
Zest of half an orange, plus 2 oranges, peeled and chopped
300ml boiling water
180g ($\frac{2}{3}$ cup) natural yoghurt
125g punnet blueberries

1 Mix the oats, linseeds and orange zest in a medium heatproof bowl. Pour over the boiling water. Stir. Set aside for 20 minutes to cool slightly.

Cover and put in the fridge overnight.

2 Stir in three-quarters of the yoghurt and divide between glasses or bowls. Top with the oranges, remaining yoghurt and blueberries. Serve.

HEALTH TIP

Blueberries are rich in protective anthocyanins, which are brain-friendly, helping to maintain memory.

NUTRITION INFO

PER SERVE 1630kJ, protein 14g, total fat 13g (sat. fat 4g), carbs 46g, fibre 13g, sodium 79mg
• Carb exchanges $3\frac{1}{2}$
• GI estimate low

BERRY BIRCHER

PREP TIME: 5 MINS
(+ 20 MINS COOLING + OVERNIGHT CHILLING)
SERVES 2 (AS A BREAKFAST)

75g ($\frac{3}{4}$ cup) rolled oats
2 Tbsp linseeds
200ml boiling water
2 ripe bananas
150g frozen raspberries
180g ($\frac{2}{3}$ cup) natural yoghurt

1 Tip the oats and linseeds into a heatproof bowl and pour over the boiling water. Stir well. Set aside for 20 minutes to cool.

2 Add the banana and three-quarters of the raspberries (put the remaining berries in the fridge for the next day) to the oats. Mash together. Cover and put in the fridge overnight.

3 To serve, layer the bircher in two glasses or bowls with the yoghurt. Top with the reserved raspberries.

NUTRITION INFO

PER SERVE 1730kJ, protein 15g, total fat 14g (sat. fat 4g), carbs 49g, fibre 14g, sodium 74mg
• Carb exchanges $3\frac{1}{2}$
• GI estimate low



Want to look and feel radiant?

Citrus fruits such as oranges are rich in collagen-supportive vitamin C, and are great for promoting skin health and elasticity, while oats are a good source of silica for strong, lustrous hair. Soaking oats and seeds overnight makes them easier to digest. This, consumed with fruit, adds up to a fabulously nutritious start to the day with all the right kind of fats, fibre, vitamins and minerals. Make double and keep in the fridge, then enjoy the next day, too.

ALMOND CRÊPES WITH AVOCADO AND NECTARINES

PREP TIME: 10 MINS

COOK TIME: 5 MINS

SERVES 2 (AS A BREAKFAST)

2 x 60g eggs

2 Tbsp water

3 Tbsp almond meal

2 tsp canola oil

1 small avocado, flesh removed
and lightly mashed

2 ripe nectarines, sliced
(see Cook's Tip)

Seeds from ½ pomegranate

½ lime, cut into 2 wedges

1 Whisk the eggs, water
and almond meal in a jug.

2 Heat half the oil in a large
non-stick frying pan over medium
heat. Pour in half egg mixture. Swirl
pan to evenly coat base. Cook for
1-2 minutes or until mixture sets
and turns golden on underside.

3 Turn crepe onto plate and repeat
with remaining oil and batter.

4 Top each crêpe with avocado,
nectarines and pomegranate
seeds. Serve with a wedge of lime.

COOK'S TIP

You can replace the nectarines
with blueberries. ■

NUTRITION INFO

GF

LC

PER SERVE 1710kJ, protein 14g,
total fat 28g (sat. fat 5g), carbs 21g,
fibre 9g, sodium 96mg • Carb
exchanges 1½ • GI estimate low
• Gluten free • Lower carb

Health Tip

These simple crêpes will
keep you going all morning,
yet they're gluten free and lower
in carbs. Pomegranate seeds
don't just add extra flourish,
they contain protective
antioxidants, including
vitamin C.

Fast lunches

A fuss-free meal can make your working day an absolute breeze – and these light options have a healthy twist for an added hit of goodness

BLACK BEAN TOSTADAS

PREP TIME: 5 MINS

COOK TIME: 10 MINS

SERVES 2 (AS A LIGHT MEAL)

4 Mission White Corn Tortillas
270g (1 cup) canned black beans, rinsed and drained
4 Tbsp mild salsa or gluten free salsa
½ tsp ground cumin
½ small avocado, mashed until smooth
1 tsp fresh lemon juice
Freshly ground black pepper
1 cup chopped iceberg lettuce
1 small tomato, chopped
1 green shallot, diagonally sliced

1 Preheat oven to 200°C (fan-forced). Line a small tray with baking paper. Spray the tortillas with cooking spray. Bake for 8-10 minutes or until slightly crisp.

2 Meanwhile, put the beans, salsa and cumin in a small saucepan. Stir over low heat, mashing up slightly, until warmed through.

3 Divide bean mixture evenly between the tortillas. Mix avocado, lemon juice and pepper in small bowl. Spoon over bean mixture. Top with lettuce, tomato and shallot.



How our food works for you
see page 83

NUTRITION INFO **GFO**

PER SERVE 1410kJ, protein 12g, total fat 11g (sat. fat 2g), carbs 47g, fibre 12g, sodium 469mg

- Carb exchanges 3
- GI estimate low
- Gluten-free option



CURRY CHICKEN SALAD LETTUCE WRAPS

PREP TIME: 15 MINS

SERVES 2 (3 WRAPS PER SERVE,
AS A LIGHT MEAL)

150g plain fat-free Greek-style
natural yoghurt
½ tsp curry powder or gluten-
free curry powder
Freshly ground black pepper
170g seedless red grapes,
halved
125g grilled chicken breast,
chopped (see Cook's Tips)
1 stalk celery, chopped
2 Tbsp slivered almonds, toasted
(see Cook's Tips)
6 butter or small iceberg
lettuce leaves

1 Whisk yoghurt, curry powder
and pepper together in small bowl.

2 Toss the grapes, chicken,
celery and almonds in a bowl.
Divide the chicken mixture
between the lettuce leaves.

3 To eat, wrap the lettuce
around the chicken mixture.

COOK'S TIPS

- To cook chicken, coat with cooking spray and cook for 4 minutes each side (or until cooked through) on a chargrill preheated on medium. Set aside to cool.
- Place nuts in a small non-stick frying pan. Cook over medium heat, stirring often, for 2-3 minutes or until almonds are lightly toasted. Set aside to cool. ➤

*The best
meal in the
house will
easily be
a wrap*

NUTRITION INFO **GFO** **LC**
PER SERVE 1200kJ, protein 27g,
total fat 10g (sat. fat 1g), carbs
19g, fibre 5g, sodium 65mg
• Carb exchanges 1½
• GI estimate low
• Gluten-free option
• Lower carb

light meals



VEGIE CAESAR ROLL UPS

PREP TIME: 15 MINS
SERVES 1 (AS A LIGHT MEAL)

- 1/3 cup shredded red cabbage
- 1/4 red capsicum, cut into short, thin strips
- 1 small carrot, cut into short sticks
- 2 tsp Caesar salad dressing
- 1 Old El Paso Light Tortilla
- 1 Bega Stringers, halved lengthways
- 2 wedges lemon, to serve

1 Combine cabbage, capsicum, carrot and salad dressing in a small bowl. Toss to combine.

2 Place the tortilla on a clean board. Arrange the cabbage mixture in a line across the middle of the tortilla. Place cheese on top of cabbage mixture. Roll up tortilla. Lay tortilla, seam-side down on the board. Cut into pieces. Squeeze lemon wedges over pieces and serve.

NUTRITION INFO

PER SERVE 1100kJ, protein 11g, total fat 10g (sat. fat 4g), carbs 27g, fibre 8g, sodium 552mg
• Carb exchanges 2
• GI estimate medium

VEGIE CRUNCH WRAP

PREP TIME: 15 MINS
SERVES 1 (AS A LIGHT MEAL)

- 1 Woolworths Wholegrain Wrap
- 1/4 small avocado, peeled
- 1/4 tsp fresh lime juice
- 1 carrot, cut into thin bite-size strips
- 1/4 small cucumber, cut into thin bite-size strips
- 1/4 small red capsicum, cut into thin bite-size strips
- 20g reduced-fat feta, crumbled

1 Place wrap on a clean board. Mash avocado and lime juice together in small bowl. Spread mixture over wrap.

2 Arrange carrot, cucumber, and capsicum on top of avocado mixture, leaving about 5cm of space at each end of the flatbread.

3 Sprinkle the feta over the filling and roll up into a wrap. Serve immediately or cover and chill for up to 4 hours. If desired, cut in half diagonally.

NUTRITION INFO

PER SERVE 1170kJ, protein 12g, total fat 11g (sat. fat 4g), carbs 28g, fibre 10g, sodium 435mg
• Carb exchanges 2
• GI estimate low





BEET, ORANGE AND RED ONION SALAD

PREP TIME: 10 MINS

SERVES 2 (AS A LIGHT MEAL)

2 Tbsp white balsamic vinegar

2 tsp olive oil

120g mixed salad leaves

250g pkt cooked whole baby beets, drained, cut into wedges

1 mandarin, peeled and broken into segments

½ red onion, cut into thin slivers

30g reduced-fat feta, crumbled

3 Tbsp sliced almonds (with skin on)

Freshly ground black pepper

1 Whisk the vinegar and oil in a small bowl.

2 Divide salad leaves between serving plates. Top with beets,

mandarin, onion, feta, almonds and sprinkle with pepper.

3 To serve, drizzle dressing over salad. ■

GF

LC

NUTRITION INFO

PER SERVE 1090kJ,

protein 10g, total fat

18g (sat. fat 3g), carbs 11g,

fibre 5g, sodium 190mg

• Carb exchanges ½ • GI estimate low

• Gluten free • Lower carb

TRIM THE CARBS LOVE THE TASTE



- 25% LESS CARBS*
- LOW GI[^]
- GOOD SOURCE OF FIBRE

* Compared to standard mixed grain bread (NUTTAB 2010)

[^] 5 Seeds GI= 53, Soy & Toasted Sesame GI= 51, Wholemeal & Seed GI= 53

IT'S NOT JUST BREAD, IT'S HELGA'S.



Best-ever **BLT**

This month's lunch club takes the sandwich to a higher level

HEALTHY BLT

PREP TIME: 15 MINS

COOK TIME: 10 MINS

SERVES 2 (AS AN

OCCASIONAL LIGHT MEAL)

125g skinless chicken breast fillet,
trimmed of fat, split in two
lengthways

1 piece short cut lean bacon

4 slices *Helga's Lower Carb*

5 Seeds bread

1 cup shredded iceberg lettuce

1 tomato, sliced

½ carrot, peeled into ribbons

½ Lebanese cucumber,
peeled into ribbons

Lemon and basil mayonnaise

2 Tbsp 97% fat-free
mayonnaise

¼ tsp finely grated

lemon zest

1 tsp fresh lemon juice

Freshly ground black pepper

2 Tbsp finely shredded basil

1 Preheat a chargrill pan on medium. Spray chicken and bacon with cooking spray. Add chicken and bacon to chargrill. Cook for 3-4 minutes each side, or until cooked through. Transfer to a plate.

2 For the lemon and basil mayonnaise, whisk mayonnaise, lemon zest, juice and pepper. Stir in the basil.

3 Spread 2 slices of bread with the mayonnaise. Top with the lettuce, tomato, carrot, cucumber, chicken and bacon. Top with the other slices of bread. Cut in half and serve. ■

**How our
food works
for you**
see page 83

NUTRITION INFO

PER SERVE 1530kJ,
protein 29g, total
fat 12g (sat. fat 2g),
carbs 30g, fibre 9g,
sodium 793mg

- Carb exchanges 2
- GI estimate low

HELGA'S TASTE

A good source of fibre and protein, and a source of omega-3, we used *Helga's Lower Carb 5 Seeds* bread in our sandwich. Available at your local supermarket.



RECIPE ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)
PHOTOGRAPHY BRETT STEVENS STYLING MARIE-HELENE
CLAUZON FOOD PREPARATION PETA DENT

winter favourites

5 soups FOR BETTER HEALTH

**Craving a slow-simmered
broth, have a few kilos to lose,
or just want to sneak more
vegies into your day? We
have the right soup for you**

How our
food works
for you
see page 83

1 *When the doctor says ...reduce sodium*

Canned soups are brimming with sodium but this recipe contains just 125mg and is great for batch cooking. Don't forget to mix up the flavour with your own toppers, too!

CREAMY TOMATO SOUP see recipe, page 37 >>

CHICKEN PHO see recipe, page 37 >>

2 *When you want to ... kickstart weight loss*

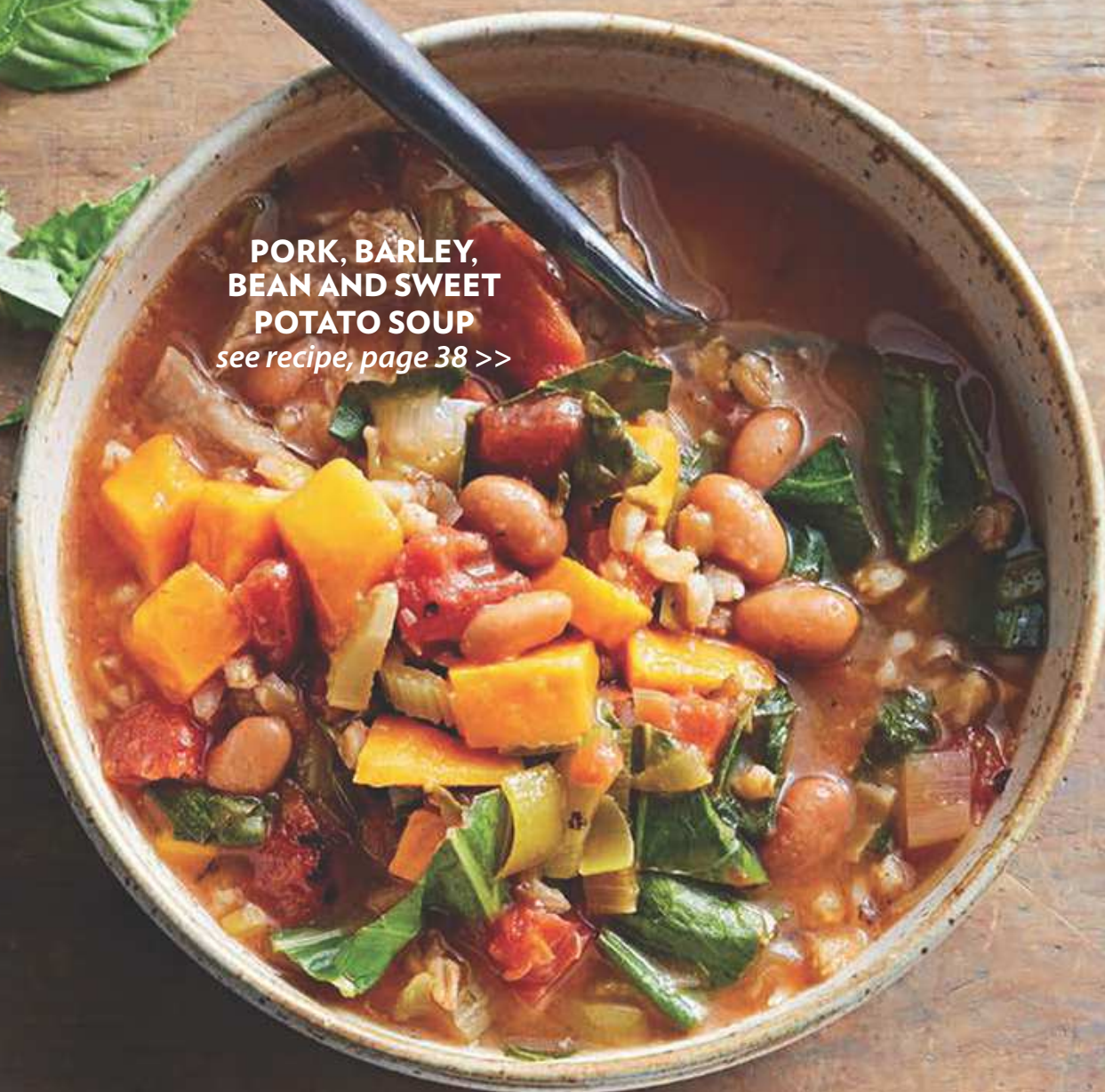
Cutting kilojoules is often the best way to drop kilograms, but that can leave you feeling hungry. This low-kilojoule soup (approximately 1000kJ per serving!) totally satisfies. It has 25g of protein and 5g of fibre – super helpful nutrients that satiate hunger.

3

When you need a ... veggie boost

Five servings of vegetables a day – that's everyone's minimum. But the more the merrier, right? You'll get three servings of vegetables in each serve of this soup! And the gorgeous variety ensures you'll get plenty of disease-fighting nutrients.

**PORK, BARLEY,
BEAN AND SWEET
POTATO SOUP**
see recipe, page 38 >>



4

When you need to ... fill up on fibre

Nutrition experts recommend at least 30g of fibre per day, and most of us fall way short. Fibre offers a variety of benefits, including heart health, regulating gut flora, and helping you feel full longer. The cannellini beans and capsicum in this recipe give you a whopping 12g per serving.

CHILLI CHICKEN SOUP
see recipe, page 38 >>





CREAMY TOMATO SOUP

PREP TIME: 15 MINS

COOK TIME: 10 MINS

SERVES 6 (AS A LIGHT MEAL)

1 kg tomatoes, core removed, quartered, seeds removed (see Cook's Tip)

1½ cups coarsely chopped red capsicum

250ml (1 cup) salt-reduced or gluten-free vegetable stock

½ red onion, chopped

¼ cup chopped basil

2 Tbsp light thickened cream

1 Tbsp honey

4 slices wholemeal bread

4 slices tasty cheese

1 Put tomatoes, capsicum, stock, onion and basil in food processor (or do in batches in a blender). Cover and process until smooth.

2 Transfer soup to large saucepan. Cook, stirring, over medium heat for 5-10 minutes or until warmed through. Stir in cream and honey.

3 Meanwhile, put 2 slices of cheese between 2 slices of bread. Repeat with remaining bread and cheese. Cook in sandwich press or under grill until toasted and cheese melts. Cut into small squares.

4 Serve soup with cheese squares.

COOK'S TIP

If fresh tomatoes aren't available, you can substitute 2 x 400g cans no-added-salt chopped tomatoes.

NUTRITION INFO LC

PER SERVE 731kJ, protein 8g, total fat 7g (sat. fat 4g), carbs 18g, fibre 4g, sodium 319mg • Carb exchanges 1 • GI estimate medium • Lower carb



CHICKEN PHO

PREP TIME: 30 MINS

COOK TIME: 8 HOURS 10 MINS (ON LOW) OR 4 HOURS 10 MINS (ON HIGH)

SERVES 6 (AS A LIGHT MEAL)

170g fresh shiitake mushrooms
7cm piece ginger, peeled and sliced

1 Tbsp coriander seeds

4 whole cloves

1 kg bone-in chicken thighs, skin removed

1.5L (6 cups) water

500ml (2 cups) salt-reduced or gluten-free salt-reduced chicken stock

1 large brown onion, sliced
30g dried porcini mushrooms, rinsed, drained and broken

1 Tbsp brown sugar

5 cloves garlic, sliced

125g dried rice noodles, soaked (see Cook's Tip)

2 bunches Asian greens, trimmed, chopped, steamed

Coarsely grated carrot, slivered red onion, sliced chillies, coriander leaves, Thai basil, and/or lime wedges, to serve (optional)

1 Remove and reserve stems from the shiitake mushrooms. Thinly slice the caps. Transfer the sliced mushrooms to a bowl, cover and put in the fridge until required.

2 Place the shiitake stems, ginger, coriander seeds and cloves on a double thick 20cm piece of muslin. Bring up corners and tie closed with string.

3 Place the spice bag, chicken, water, stock, onion, porcini mushrooms, sugar and garlic

in a slow cooker. Cover and cook on low for 8 hours or on high for 4 hours. Remove and discard the spice bag.

4 Remove the chicken from the cooker. Remove the meat from the bones. Discard the bones. Coarsely shred the chicken. Cover and set aside. Stir the reserved shiitake mushrooms and noodles into the broth. Cover and cook for a further 10 minutes.

5 Divide the greens between serving bowls. Ladle the noodle mixture over the greens. Add the shredded chicken. Top with carrot, onion, chilli, coriander, basil and lime wedges, if using.

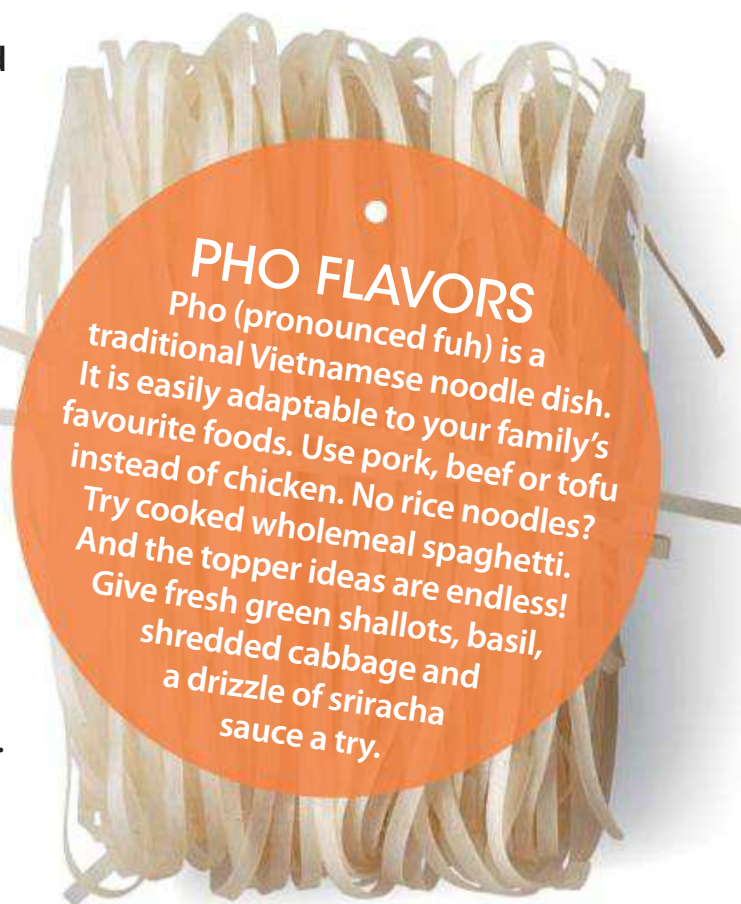
COOK'S TIP

To soak rice noodles, place in a large heatproof glass bowl. Cover noodles with boiling water. Set aside for 5-7 minutes or until noodles are tender but still firm, stirring occasionally. ➤

NUTRITION INFO



PER SERVE 1090kJ, protein 25g, total fat 7g (sat. fat 2g), carbs 21g, fibre 5g, sodium 413mg • Carb exchanges 1½ • GI estimate low • Gluten-free option • Lower carb



PHO FLAVORS

Pho (pronounced fuh) is a traditional Vietnamese noodle dish. It is easily adaptable to your family's favourite foods. Use pork, beef or tofu instead of chicken. No rice noodles? Try cooked wholemeal spaghetti. And the topper ideas are endless! Give fresh green shallots, basil, shredded cabbage and a drizzle of sriracha sauce a try.

winter favourites



PORK, BARLEY, BEAN AND SWEET POTATO SOUP

PREP TIME: 20 MINS
COOK TIME: 2 HOURS 30 MINS
(ON HIGH)
SERVES 6 (AS A MAIN)

750ml (3 cups) salt-reduced chicken stock
420g can no-added-salt chopped tomatoes
300g orange sweet potato, cut into bite-size pieces
220g (1 cup) pearl barley
1 leek, halved, chopped
2 stalks celery, chopped
4 cloves garlic, crushed
Pinch chilli flakes
2 cups coarsely chopped green cabbage

2 cups coarsely chopped silverbeet or kale
400g can pinto beans, rinsed and drained
250g shredded cooked pork shoulder (see Cook's Tip)
3 Tbsp fresh lemon juice
1/3 cup chopped basil

1 Put the stock, tomatoes, sweet potato, barley, leek, celery, garlic and chilli flakes in a slow cooker. Cover and cook on high for 2 hours or until the pearl barley is tender but still chewy.
2 Add cabbage, silverbeet, beans and pork to the slow cooker. Cover and cook for a further 30 minutes or until greens are tender. Stir in lemon juice. Serve topped with basil.

COOK'S TIP

Use leftover roast pork in this recipe.

NUTRITION INFO

PER SERVE 1310kJ, protein 20g, total fat 5g (sat. fat 1g), carbs 43g, fibre 13g, sodium 568mg
• Carb exchanges 3 • GI estimate low



CHILLI CHICKEN SOUP

PREP TIME: 20 MINS
COOK TIME: 5 HOURS (ON LOW)
OR 2 1/2 HOURS (ON HIGH)
SERVES 8 (AS A LIGHT MEAL)

3 x 400g cans cannellini beans, rinsed, drained
500ml (2 cups) salt-reduced or gluten-free salt-reduced chicken stock
500ml (2 cups) water
500g skinless chicken breast fillets, trimmed of fat
2 brown onions, finely chopped
2 capsicum, chopped
1 jalapeno chilli, finely chopped
4 cloves garlic, crushed
2 tsp ground cumin
1 tsp dried oregano
Pinch cayenne pepper
1 Tbsp fat-free Greek-style natural yoghurt, per person, to serve
Coriander leaves, to serve

1 Put the beans, stock, water, chicken, onion, capsicum, chilli, garlic, cumin, oregano and cayenne pepper in a slow cooker. Cover and cook on low for 5 hours on low or 2 1/2 hours on high.
2 Remove chicken from cooker and shred into pieces. Return chicken to cooker. To serve, top with yoghurt and coriander.

NUTRITION INFO

GFO LC

PER SERVE 1080kJ, protein 29g, total fat 3g (sat. fat 1g), carbs 21g, fibre 12g, sodium 442mg
• Carb exchanges 1 1/2
• GI estimate low
• Gluten-free option
• Lower carb



5

*When your heart
could use ...
more omega-3s*

Those of us who aren't meeting the recommended two servings of fish every week are missing out on heart-healthy and brain-boosting omega-3s. But this chowder can help! Savoury salmon and a healthy portion of creamy avocado add up to 5g of monounsaturated fat and 3g of polyunsaturated fat to keep your ticker in tip-top shape.

SALMON CHOWDER

PREP TIME: 20 MINS

COOK TIME: 40 MINS

SERVES 8 (AS A LIGHT MEAL)

500g skinless and boneless salmon fillets
2 red or orange capsicum, chopped
¼ cup thinly sliced green shallots (white and green parts separated)
3 Tbsp plain flour or gluten-free flour
500ml (2 cups) salt-reduced or gluten-free vegetable stock
500ml (2 cups) water
600g desiree potatoes, unpeeled, cut into 1cm pieces
625ml (2½ cups) low-fat milk
Freshly ground black pepper
Pinch ground chillies
680g (2½ cups) frozen corn kernels, thawed

1 tsp lime zest

½ small avocado, chopped, to serve

Lime wedges, to serve

1 Put the salmon in a steamer basket lined with baking paper over a saucepan of simmering water. Cover and cook for 8-10 minutes or until the salmon is just cooked. Set aside to cool. Flake into pieces.

2 Spray a large heavy-based saucepan with cooking spray. Heat over medium heat. Add the capsicum and white parts of the shallots. Cook, stirring, for 3 minutes or until just tender. Stir in the flour. Cook, stirring, for 1 minute.

3 Remove the pan from heat and gradually stir in the stock and water. Add the potatoes,

milk, pepper and ground chillies. Return pan to the heat and bring to the boil over high heat. Reduce heat to medium-low and simmer, covered, for 15 minutes or until the mixture thickens slightly and the potato is tender. Add the corn and cook, stirring, for 2 minutes.
4 Add the salmon and lime zest to the chowder. Stir until heated through. Top servings with green parts of shallots and avocado and lime wedges. ■

NUTRITION INFO **GFO**

PER SERVE 1410kJ, protein 22g, total fat 12g (sat. fat 4g), carbs 33g, fibre 5g, sodium 233mg
• Carb exchanges 2
• GI estimate medium
• Gluten-free option

how to

SWEET AND SPICY STIR-FRY

Warm up with this
flavoursome and fast dish.
see recipe, opposite >>



Cook's Tips

- Unshelled edamame are available in the freezer section of the supermarket. Defrost the edamame and then shell.
- Try replacing the beef with pork fillet, chicken or lamb backstrap.

How our food works for you

see page 83

NUTRITION INFO

PER SERVE 1500kJ,
protein 25g, total
fat 10g (sat. fat 2g),
carbs 36g, fibre 7g,
sodium 684mg

- Carb exchanges 2½
- GI estimate low

Stir-frying

Forget about Chinese takeaway, you can stay home and eat healthier (and cheaper) fakeaway with our guide to stir-frying. Get ready to wok!

SWEET AND SPICY STIR-FRY

PREP TIME: 15 MINS

COOK TIME: 10 MINS

SERVES 4 (AS A MAIN)

250g beef sirloin or rump steak
3 Tbsp hoisin sauce
2 Tbsp rice wine vinegar
1 tsp minced or finely chopped red chilli
1 Tbsp canola oil
2 tsp finely chopped ginger
200g broccoli, cut into small florets
1 red or yellow capsicum, cut into strips

1 cup shelled edamame (see Cook's Tips, opposite)
140g ($\frac{2}{3}$ cup) SunRice Low GI Brown Rice, cooked following packet directions
Chopped basil, coriander or parsley (optional)

1 If desired, partially freeze beef for easier slicing. Trim fat from meat. Thinly slice across the grain into bite-size strips.
Combine hoisin sauce, vinegar, and minced chillies in small bowl.
2 Heat half the oil in a large wok over medium-high heat. Add

ginger and cook, stirring, for 15 seconds. Add broccoli and capsicum. Stir-fry for 2-3 minutes or until vegies are tender crisp. Remove vegies from wok.

3 Add the remaining oil to the wok and heat over high heat. Add the beef and edamame. Stir-fry for 2 minutes or until beef is just cooked. Return the vegetables to the wok and toss combine.

4 Add the sauce to the wok and toss to combine and heat through. If desired, toss the rice with the basil or herbs. Serve the beef stir-fry with the rice. ➤

STIR-FRY POINTERS



STEP 1

MAKE EVEN CUTS

For fast and even cooking, it's important to cut the meat and vegetables into similar-size pieces. Partially freeze the meat to make it easier to thinly slice.



STEP 2

KEEP IT MOVING

Stir-frying uses very high heat to quickly cook the ingredients. You must stir the ingredients constantly to keep them from burning.



STEP 3

FINISH WITH SAUCE

Have all ingredients ready to add to the wok when needed. Finish with the sauce, stirring to coat all the ingredients.

TAKE YOUR PICK

Rice is the traditional base for stir-fry recipes, but noodles can also be part of classic dishes to save time. Ideally, if you have time, cook brown rice, but when that's not the case turn to one of our quicker alternatives.



BROWN RICE

Brown rice is the most nutritious. It contains all portions of the grain and cooking this rice gives you the most control over nutrition and texture.



QUINOA

Quinoa can add an extra punch of fibre and nutrients to your meal and is also low GI. Choose from white, red or tri-colour quinoa or blended with rice.



SOBA NOODLES

Slightly higher in fibre than rice noodles, soba noodles are made from buckwheat flour and are traditionally used in many Japanese-inspired dishes.



FRESH RICE NOODLES

Not only are these quick and easy to prepare, but they also have a lower GI value compared to dry rice noodles, so will help avoid spikes in your blood glucose levels.



VEGIE NOODLES/RICE

For a lower carb option, try making zucchini or carrot noodles with a spiraliser; or cauliflower or broccoli rice using a food processor; or buy them at the supermarket.

BRUSSELS SPROUTS AND NOODLE STIR-FRY

PREP TIME: 20 MINS

COOK TIME: 15 MINS

SERVES 4 (AS A LIGHT MEAL)

80g wholemeal spaghetti or gluten-free pasta, broken into 2.5cm pieces
2 Tbsp olive oil
1 red onion, cut into thin slivers
3 cloves garlic, crushed
350g brussels sprouts, trimmed, thinly sliced lengthways
1 Tbsp grated ginger

Pinch chilli flakes

125ml (½ cup) salt-reduced or gluten-free vegetable stock

2 Tbsp salt-reduced or gluten-free soy sauce

1 carrot, cut into thin sticks

⅓ cup chopped coriander

3 Tbsp slivered almonds, toasted (see Cook's Tip, opposite)

1 Cook spaghetti or other pasta in a medium saucepan of boiling water for 10-12 minutes or until it is al dente. Drain and return to pan. Cover and keep warm.

2 Meanwhile, heat the oil in a large wok over medium-high heat. Add the onion and garlic. Stir-fry for 1 minute. Add the brussels sprouts, ginger and chilli flakes. Stir-fry for 1 minute. Add the stock and soy sauce. Cook for 2 minutes, tossing often, or until the liquid is nearly evaporated. Remove the pan from the heat.

3 Add the cooked spaghetti, carrot and coriander to the wok. Toss to combine. Sprinkle with the almonds. ■

BRUSSELS SPROUTS AND NOODLE STIR-FRY

A great meat-free dish
with Asian flavours
see recipe, opposite >>

Cook's Tip

To toast the almonds,
cook in a small non-stick
frying pan over medium
heat, stirring often, for
2-3 minutes or until
golden brown



NUTRITION INFO **GFO** **LC**

PER SERVE 1150kJ, protein 10g,
total fat 16g (sat. fat 2g), carbs 19g,
fibre 10g, sodium 478mg

- Carb exchanges 1½ • GI estimate low
- Gluten-free option • Lower carb

how to

HOW TO ROAST A *chicken*

You don't have to be a gourmet chef to cook healthily and well. Start building your at-home recipe arsenal with a simple, delicious go-to meal that works both as a weekly staple and for special occasions





How our
food works
for you
see page 83

NUTRITION INFO

PER SERVE 2200kJ,
protein 66g, total
fat 16g (sat. fat 5g),
carbs 24g, fibre 8g,
sodium 184mg

- Carb exchanges 1½
- GI estimate medium
- Gluten free
- Lower carb

GF

LC

**ROAST CHICKEN AND
ROOT VEGETABLES**

A healthy take on an old
favourite means a tasty dish
that's also good for us!

see recipe, page 46 >>

how to

ROAST CHICKEN AND ROOT VEGETABLES

PREP TIME: 20 MINS

(+ 30 MINS STANDING)

COOK TIME: 1 HOURS 45 MINS

SERVES 8 (AS A MAIN)

2kg whole free-range chicken
1-2 lemons
3 Tbsp thyme leaves
3 tsp chopped rosemary
1 Tbsp light margarine
4 cloves garlic, crushed
Freshly ground black pepper
8 (650g) Desiree potatoes, unpeeled, cut into 2.5cm wedges
3 bunches Dutch (baby) carrots, scrubbed, halved crossways
2 red onions, cut into thin wedges
1 Tbsp olive oil
6 sprigs thyme and 1 sprig rosemary, extra
Extra lemon zest, thyme and rosemary, to serve (optional)

1 Remove the neck and giblets from chicken cavity. Rinse the chicken (including cavity), then pat dry with paper towels. Remove and discard any excess fat. Let the chicken stand at room temperature for 30 minutes.

2 Place one oven rack in the centre of the oven. Place a second oven rack in the bottom third of the oven. Preheat oven to 200°C

(fan-forced). Line a roasting pan with foil or baking paper (this makes the pan easier to clean after) and place a rack inside pan.

3 Remove the zest and squeeze the juice from one of the lemons. Set juice aside. Combine the zest, 1 Tbsp of the thyme, 2 tsp of the rosemary, the margarine and garlic. Slip your fingers under the breast and leg skin to loosen. Rub the herb mixture over the meat. Sprinkle the chicken with pepper. Tie the chicken legs with kitchen twine and tuck wings underneath. Place the chicken, breast-side up, on the rack. Place the pan in the middle of the oven. Roast chicken for 55 minutes.

4 Meanwhile, line a large roasting pan with baking paper. Put potatoes, carrots, onion, oil and remaining thyme leaves and chopped rosemary in lined pan and toss together. Season with pepper. Top with extra thyme and rosemary sprigs.

5 After the chicken has been roasting for 55 minutes, place vegetables on the bottom oven rack. Roast for 25-35 minutes or until the chicken is cooked (use a meat thermometer and insert into the thickest part of the breast to make sure temperature is 75°C-80°C) or

use a fine skewer to pierce the thickest part of chicken (between leg and thigh) and check that juices run clear. Remove chicken from oven. Cover loosely with foil and set aside to rest. While the chicken is resting, roast the vegetables for a further 10-15 minutes, or until tender.

6 To serve, remove and discard skin from chicken. Carve chicken and drizzle with reserved lemon juice. Serve with the roasted vegetables, and extra lemon zest, thyme and rosemary, if using. ■

WHY ROAST?



This healthy cooking technique **reduces fat** but not flavour. Placing a rack in your roasting pan allows the fat in your food to drip away while cooking.

Flavour swap

Fancy changing up your roast chicken? Try these different flavour combos in place of the lemon, thyme and rosemary



ORANGES (ZEST & JUICE) + FRESH CORIANDER + A LITTLE GROUND CORIANDER



LIMES (ZEST & JUICE) + TARRAGON + GRATED GINGER



ORANGE, LEMON AND LIME (ZEST & JUICE) + SAGE + WHOLEGRAIN MUSTARD

Boost your energy and well-being

NEW

with this breakthrough multi-vitamin health drink

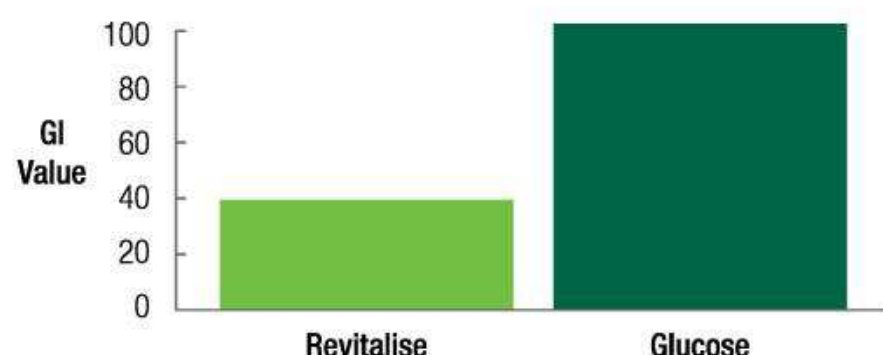
As a diabetic or pre-diabetic, you want to stay active and healthy, so you can remain independent. This is why good nutrition is important. But, in today's world, a better approach is needed. So an Australian dietician developed BodyCare Nutrition Revitalise. Its unique, Low GI formula helps boost your energy and well-being. Plus, by offering you a more balanced approach to nutrition, Revitalise is good for you in many other different ways...

Boosting your energy Revitalise gives you sustained energy, so you can stay active all day long. It contains vitamins B1, B2 and B3, which contribute to your normal energy metabolism. Plus folate and vitamins B2 and B3 assist in reducing tiredness and fatigue.

Lowering blood pressure and cholesterol Diabetes is a major risk factor for developing cardiovascular disease, high cholesterol and high blood pressure and may increase the risk of heart attacks and strokes. Unlike other Low GI drinks, Revitalise is low in sodium and fat. It reduces blood pressure when part of a low salt diet. It also reduces bad cholesterol when part of low saturated fatty acids diet.

Convenient to prepare and fast acting...
Ideal nutrition for busy people on the go!

A strong performer Revitalise has a Low GI score of 38 and a Low Glycemic Load score of 6. The graph below compares the mean GI value of Revitalise to glucose.



Weight loss and weight management Low GI foods, like Revitalise, may help you feel fuller for longer. Plus, with only 16 grams of carbohydrate and approx. 140 calories per serve, Revitalise is an ideal between meals snack to help you manage your weight.

Boosting your immune defences Zinc is necessary for normal immune system function. Vitamins A and C contribute to the normal functioning of your immune system.



Heart health Thiamine is necessary for normal cardiac function. And vitamin C is necessary for normal blood vessel function.

Eyes and vision Vitamin A is necessary for normal vision. Riboflavin and zinc contribute to the maintenance of normal vision.

Collagen production for healthy skin Is your skin dry and flaky? It could be your nutrition. Vitamin C contributes to collagen formation for normal skin function. Zinc contributes to wound healing.

Plus Revitalise does even more. Visit bodycarenutrition.com.au or call **02 9181 5762** for more information.

Gluten free, Revitalise comes in 3 delicious flavours – vanilla, chocolate and coffee. At only RRP \$32.95, Revitalise lasts 14 days. It's available from the stores below and online from bodycarenutrition.com.au. Insert Coupon Code **iwm118** into the shopping cart for **free delivery**. *Offer expires 30/9/18.



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SUPER HEALTHY *Salmon* *dinners*

Dine in
style with
flavoursome
fish for all
seasons

SALMON AND BROCCOLI

Quick and easy,
served with green
beans and radishes.
see recipe, page 51 >>

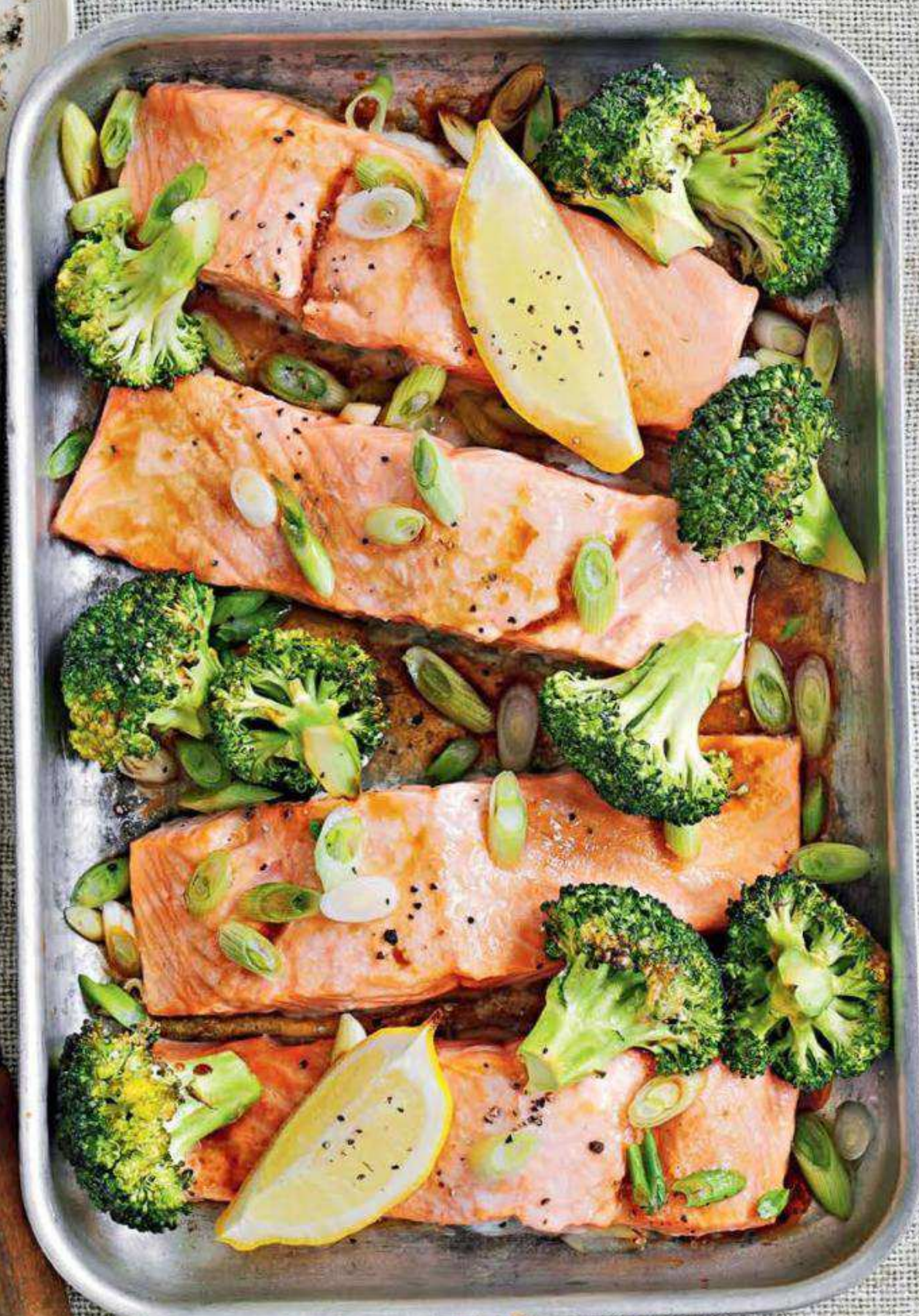
How our
food works
for you
see page 83

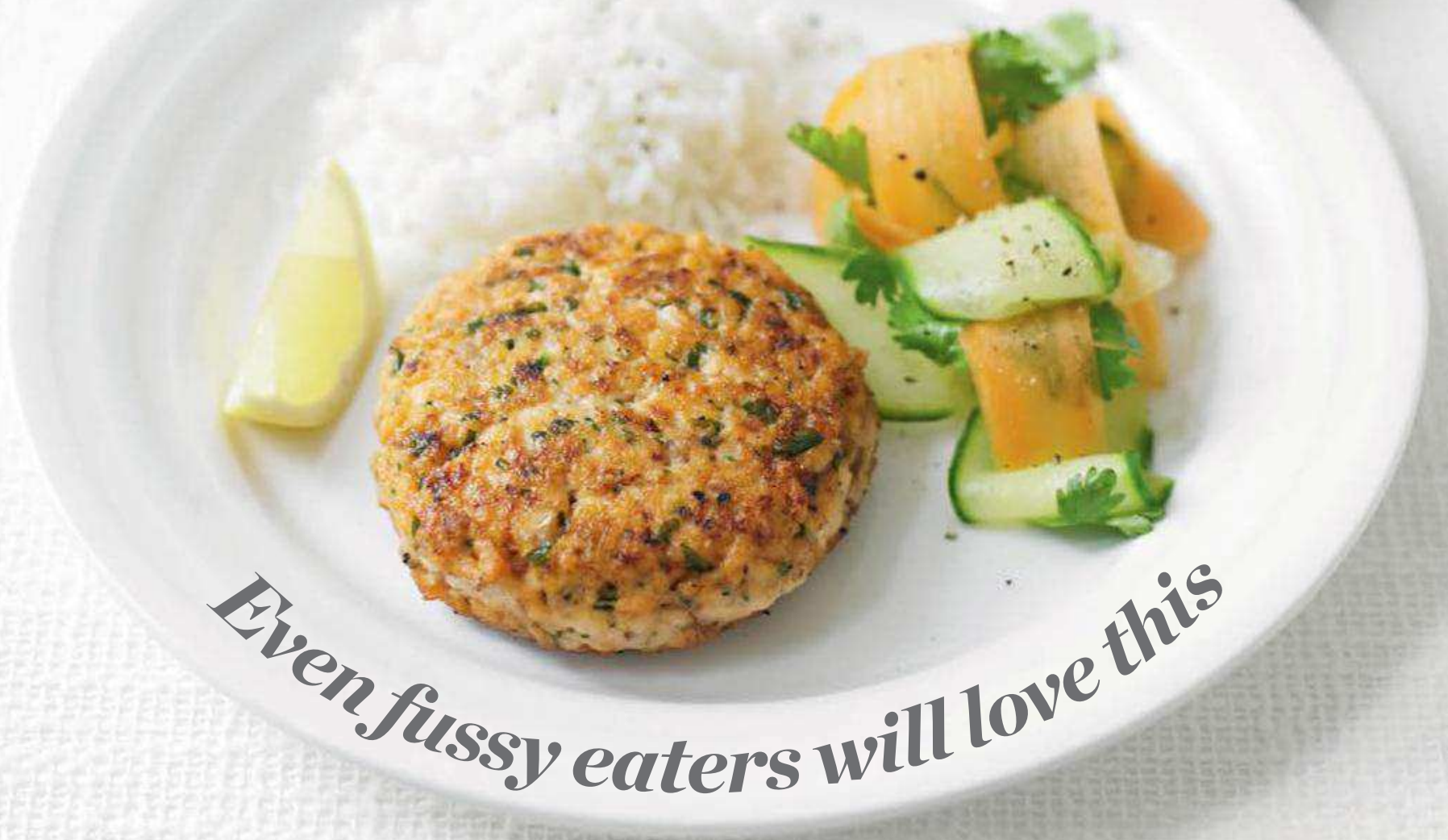
NUTRITION INFO

PER SERVE (with
green beans and
radishes) 1650kJ,
protein 40g, total
fat 22g (sat. fat 4g),
carbs 4g, fibre 8g,
sodium 449mg
• Carb exchanges ½
• GI estimate low
• Gluten-free option
• Lower carb

GFO

LC





Even fussy eaters will love this

SALMON PATTIES

PREP TIME: 20 MINS

COOK TIME: 10 MINS

SERVES 4 (AS A MAIN)

550g boneless and skinless salmon fillets, cut into chunks
 1¼ Tbsp Thai or gluten-free red curry paste
 Small piece ginger, grated
 1 tsp salt-reduced or gluten-free soy sauce
 1 bunch of coriander, leaves picked, half leaves chopped
 1 tsp vegetable oil
 210g (1 cup) Doongara Low GI White Rice, cooked following packet directions, to serve
 1 small Lebanese cucumber and 1 small carrot, peeled into ribbons, to serve
 Lemon wedges, to serve

1 Put salmon, curry paste, ginger, soy sauce and chopped coriander in food processor. Cover and pulse until salmon is roughly minced.

Tip the mixture out into a bowl. Shape into 4 patties.

2 Heat oil in large non-stick frying pan over medium heat. Add patties. Cook for 4 minutes each side, or until crisp on the outside and cooked through.

4 Serve salmon patties with the rice, cucumber, carrot and lemon wedges. Alternatively, try serving the salmon patties with Chicory, pomegranate and feta salad (see recipe, right).

NUTRITION INFO **GFO**

PER SERVE (with rice, carrot and cucumber) 2100 kJ, protein 33g, total fat 19g (sat. fat 6g), carbs 47g, fibre 3g, sodium 491mg
 • Carb exchanges 3 • GI estimate low
 • Gluten-free option

PER SERVE (with Chicory, **GFO** **LC** pomegranate & feta salad) 2000kJ, protein 38g, total fat 29g (sat. fat 9g), carbs 12g, fibre 8g, sodium 745mg • Carb exchanges 1 • GI estimate low • Gluten-free option • Lower carb

CHICORY, POMEGRANATE & FETA SALAD

Toss separated **chicory** leaves (from 3 chicory heads) and 120g **watercress**, leaves picked, in a large bowl. Bash seeds out of 1 **pomegranate**. Push ¼ of seeds through a fine sieve over a bowl to catch juices. Whisk 3 Tbsp **red wine vinegar** and 1½ Tbsp **extra virgin olive oil** into juice. Season with **pepper**. Add to leaves with remaining **pomegranate seeds**. Toss to combine. Toss in 80g crumbled reduced-fat **feta**. ➤



NUTRITION INFO **GF** **LC**

PER SERVE (with steamed vegetables) 1930kJ, **protein** 35g, **total fat** 27g (sat. fat 5g), **carbs** 14g, **fibre** 8g, **sodium** 258mg • **Carb exchanges** 1
• **GI estimate** medium
• **Gluten free** • **Lower carb**

PER SERVE **GF**

(with Wild rice salad) 2190kJ, **protein** 34g, **total fat** 27g (sat. fat 5g), **carbs** 32g, **fibre** 8g, **sodium** 276mg
• **Carb exchanges** 2
• **GI estimate** low
• **Gluten free**

**MEDITERRANEAN
SALMON FILLET**

Delicious flavours,
served with steamed
vegies or opt for
a wild rice salad.
see recipe opposite >>



SALMON AND BROCCOLI

PREP TIME: 10 MINS

COOK TIME: 20 MINS

SERVES 4 (AS A MAIN)

4 x 150g pieces boneless salmon fillets (with skin on)

1 large head (400g) broccoli, cut into florets

Juice of 1 lemon

1 small lemon, quartered

Small bunch green shallots, sliced

1 tsp extra virgin olive oil

2 Tbsp salt-reduced soy sauce or gluten-free soy sauce

Green beans and radishes, to serve (see recipe below)

1 Preheat oven to 160°C (fan-forced). Line a large roasting pan with baking paper. Place the salmon in the roasting pan. Wash and drain the broccoli and



GREEN BEANS AND RADISHES

Bring a small saucepan of water to the boil. Add 350g green beans, trimmed, and cook for 2-3 minutes or until tender crisp. Drain well. Toss beans with 1 bunch radishes, trimmed and thinly sliced into rounds. Drizzle over the juice of ½ lemon. Season with pepper.

place around the salmon. Pour the lemon juice over and then add lemon quarters to the pan.

2 Top salmon and broccoli with half the shallots. Drizzle with olive oil. Roast for 10 minutes. Sprinkle with the soy sauce and bake for a further 4 minutes, or until the salmon is cooked through.

3 Sprinkle the salmon and broccoli with the remaining shallots. Serve with Green beans and radishes.



MEDITERRANEAN SALMON FILLET

PREP TIME: 20 MINS

COOK TIME: 20 MINS

SERVES 6 (AS A MAIN)

1 (about 800g) whole salmon fillet, skin on, pin bones removed (ask fishmonger or use tweezers)

9 sun-dried tomatoes, halved

18 black olives, pitted, plus extra to serve (optional)

18 basil leaves

Freshly ground black pepper

2 Tbsp olive oil

Steamed vegetables (such as 250g brussels sprouts, 320g (2 cups) frozen peas and 400g Zerella Spud Lite potatoes) or Wild rice salad, to serve (see recipe above right)

1 Preheat oven to 180°C (fan-forced). Line baking tray with baking paper. Lay salmon on a board. Using apple corer, make 18 holes in rows of three in salmon, just going down to the skin, but not cutting all the way through.

2 Take a piece of sundried tomato and an olive and, using



WILD RICE SALAD

Put 1 small red onion, thinly sliced and 50g (¼ cup) sultanas in a small heatproof bowl. Pour enough boiling water over to cover. Set aside for 1 minute. Drain well and return to the bowl. Stir into 110g (½ cup) wild rice, cooked following packet directions, and 4 carrots, grated. Add the zest and juice of 1 lemon and 1 Tbsp honey. Season with pepper. Toss well to combine.

a basil leaf as a wrapper, roll up into a tight little parcel. Each parcel should be just big enough to plug into one hole in the salmon. As you roll each parcel, stuff them into holes until they are all filled.

3 Place salmon on lined tray. Season with pepper and drizzle with oil. Roast for 15-20 minutes, or until just cooked. Remove from oven and set aside for 15 minutes, or until just warm. Carefully lift salmon onto a serving plate. Serve warm or leave to cool.

4 Serve baked salmon with steamed vegetables, or Wild rice salad. ■



In association with Spud Lite

*Make it
smooth or
chunky –
it's up
to you*

How our
food works
for you
see page 83

NUTRITION INFO

GFO **LC**

PER SERVE 960kJ,
protein 9g, total fat 8g
(sat. fat 3g), carbs 25g,
fibre 6g, sodium 444mg
• Carb exchanges 1½
• GI estimate medium
• Gluten-free option
• Lower carb

Healthy and hearty

Try a classic tasty soup, full of flavour, that'll always hit the spot

CREAMY POTATO, MUSHROOM AND LEEK SOUP

PREP TIME: 15 MINS

COOK TIME: 30 MINS

SERVES 4 (AS A LIGHT MEAL)

3 tsp extra virgin olive oil
1 leek, halved lengthways, thinly sliced
300g mushrooms, sliced
2 cloves garlic, crushed
750g *Baby Spud Lite Potatoes*, unpeeled, chopped
500ml (2 cups) salt-reduced or gluten-free vegetable stock

250ml (1 cup) water
2 tsp wholegrain or gluten free mustard
375ml (1½ cups) milk
Freshly ground black pepper
Chopped chives, to serve

1 Heat the oil in a large saucepan over medium heat. Add the leek, mushrooms and garlic. Cook, stir occasionally, for 7-8 minutes or until the leek starts to soften.

2 Add the potatoes, stock, water, mustard and 250ml (1 cup) of the milk to the pan. Bring to a simmer over medium heat.

Reduce heat to medium-low and cook, partially covered, for 20-25 minutes or until the potato is very tender. Set aside for 10 minutes to cool slightly.
3 Transfer the soup to a food processor and process until the potato is almost smooth (it's nice to leave it a little chunky). Return the soup to the pan and stir in the remaining 125ml (½ cup) milk. Stir over low heat until warmed through.
4 Divide soup between serving bowls. Top with pepper and chives to serve. ■

Lower-carb eating JUST GOT EASIER

If you're a potato lover you might have been giving spuds a miss – worried they were too high in carbs. Good news! Spud Lite is a new potato that has 25 per cent less carbs than an average potato.

Spud Lite is a golden, creamy potato that's bursting with nutrition, is super tasty and incredibly easy to prepare. Providing a light, creamy and non-earthly flavour when mashed, and a crisp, crunchy, soft pillow texture when roasted or fried, Spud Lite's versatility makes it the complete all-rounder.

Grown in South Australia, this potato variety has come from natural cross-pollination without any genetic modification. The growing period is 20-30 per cent shorter than most other varieties,

which means it needs less maintenance and feeding. It has also consistently shown that it has a longer shelf life than many other popular potato varieties – meaning less greening and less wastage.

A further addition to the Spud Lite family is the small version packed with the same amount of nutrition and taste, the Baby Spud Lite.

Baby Spud Lite, like Spud Lite, is 25 per cent lower in carbs than the average potato and is perfect to use in your favourite potato recipes.



Asparagus

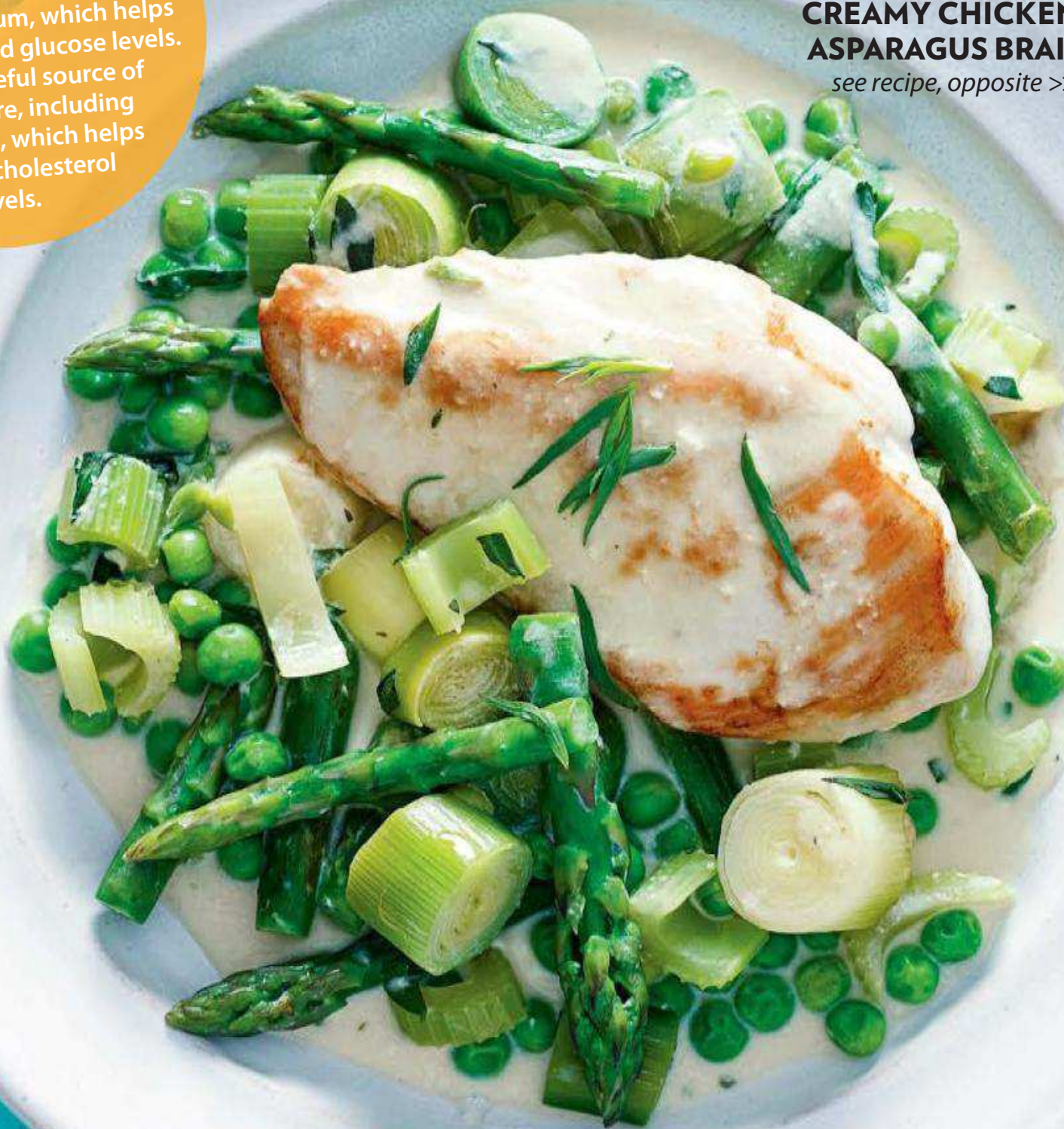
Asparagus is richer in heart-friendly folate than broccoli, and supplies chromium, which helps balance our blood glucose levels. Peas are a useful source of iron and fibre, including soluble fibre, which helps regulate cholesterol levels.

GFO LC

MONDAY

CREAMY CHICKEN & ASPARAGUS BRAISE

see recipe, opposite >>



5 days 5 dinners

Make satisfying weeknight meals packed with flavour and goodness

CREAMY CHICKEN & ASPARAGUS BRAISE

PREP TIME: 15 MINS

COOK TIME: 25 MINS

SERVES 2 (AS A MAIN)

- 1 Tbsp olive oil
- 2 x 150g skinless chicken breasts, trimmed of fat
- 10 medium asparagus spears, woody ends trimmed, each cut into 3
- 1 large leek, thickly sliced, washed, dried
- 3 celery sticks, sliced
- 200ml salt-reduced or gluten free vegetable stock
- 150g (1 cup) frozen peas
- 1 egg yolk (from 60g egg)
- 4 Tbsp low-fat natural yoghurt
- 1 clove garlic, finely grated
- ⅓ bunch tarragon, leaves chopped
- 200g Zerella Baby Spud Lite, halved or quartered, steamed, to serve

1 Heat the oil in large non-stick frying pan over medium heat. Add chicken and cook for 4 minutes each side or until cooked through. Remove chicken from pan. Place on a plate, cover with foil and set aside.

2 Add asparagus (reserving tips), leek, celery and stock to the pan. Simmer for 10 minutes or until the vegetables are almost tender. Add asparagus tips and peas, and cook for a further 2-3 minutes or until tender crisp.

3 Meanwhile, whisk the egg yolk with the yoghurt and garlic.

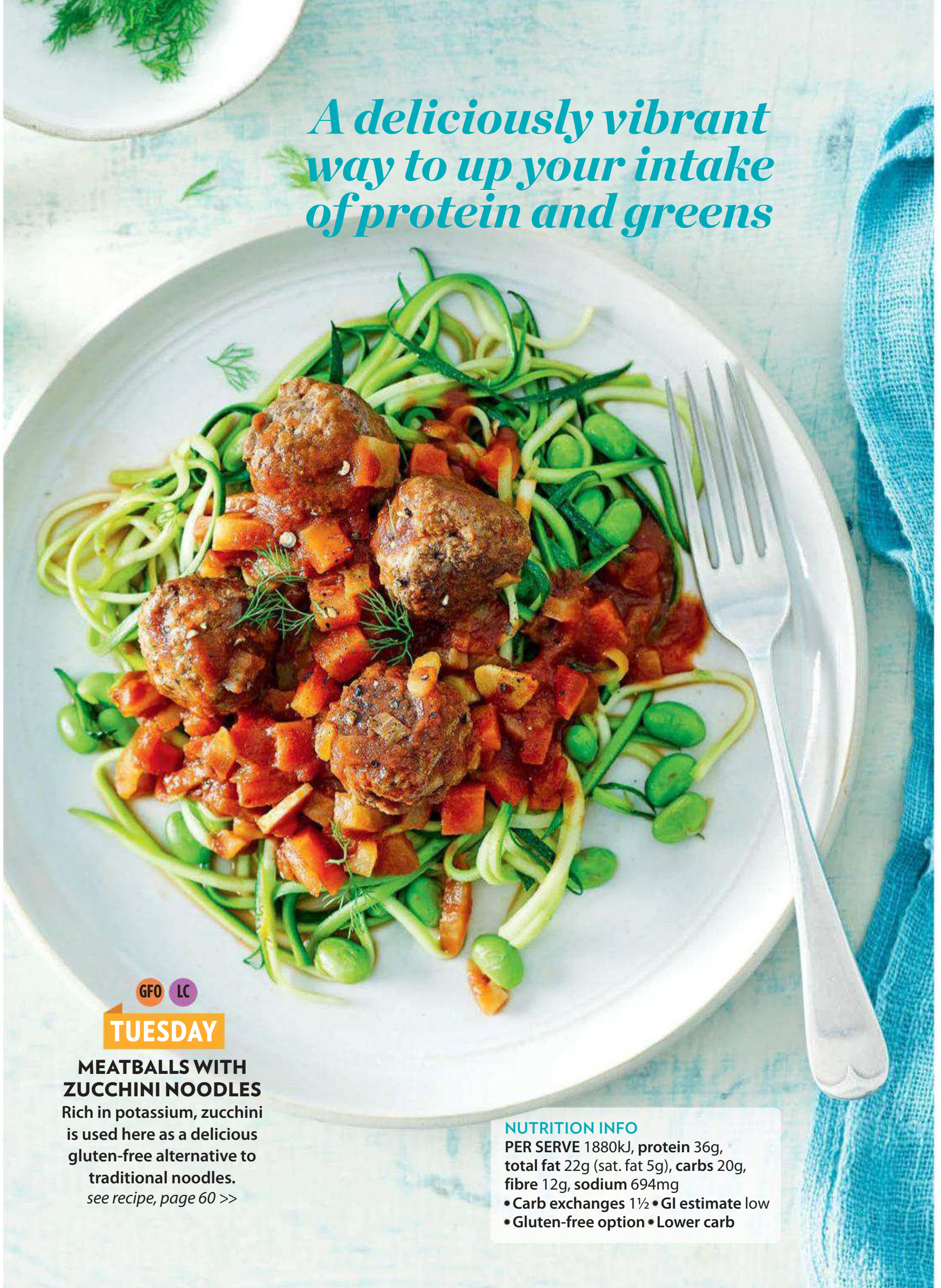
4 Stir the yoghurt mixture into the vegetables with the tarragon. Return the chicken to the pan to heat through. Serve with the potatoes. ➤

How our
food works
for you
see page 83

NUTRITION INFO

PER SERVE 1900kJ,
protein 49g, total
fat 15g (sat. fat 3g),
carbs 24g, fibre 12g,
sodium 407mg

- Carb exchanges 1½
- GI estimate medium
- Gluten-free option
- Lower carb

A top-down view of a white plate filled with a meal. The meal consists of several round, browned meatballs resting on a bed of spiralized zucchini noodles. Interspersed among the noodles and meatballs are diced red tomatoes and bright green peas. A silver fork is placed to the right of the plate. In the background, a blue cloth and a small bowl of fresh dill are visible.

*A deliciously vibrant
way to up your intake
of protein and greens*

GFO LC

TUESDAY

**MEATBALLS WITH
ZUCCHINI NOODLES**

Rich in potassium, zucchini
is used here as a delicious
gluten-free alternative to
traditional noodles.
see recipe, page 60 >>

NUTRITION INFO

PER SERVE 1880kJ, protein 36g,
total fat 22g (sat. fat 5g), carbs 20g,
fibre 12g, sodium 694mg

- Carb exchanges 1½ • GI estimate low
- Gluten-free option • Lower carb

SWEET POTATO JACKETS WITH GUACAMOLE & KIDNEY BEANS

PREP TIME: 10 MINS

COOK TIME: 45 MINS

SERVES 2 (AS A MAIN)

- 2 baby or small (100g each) orange sweet potatoes, washed and dried
- 1 large avocado
- Juice of 1 lime, plus 2 wedges
- 1 small red chilli, deseeded and finely chopped
- 2 tomatoes, finely chopped

- $\frac{1}{3}$ cup coriander leaves, roughly chopped
- 1 small red onion, finely chopped
- 400g can no-added-salt red kidney beans, rinsed and drained

1 Preheat oven to 200°C (fan-forced). Spray sweet potatoes with cooking spray and place straight on an oven shelf. Roast for 45 minutes or until they are tender all the way through when pierced with a knife.

2 Meanwhile, mash the avocado with the lime juice in a bowl. Stir in the chilli, tomato,

coriander and onion.

3 Cut the potatoes in half lengthways and top with the beans and guacamole. Serve with the lime wedges.

HEALTH TIP

Avocados supply more potassium than bananas. This, plus their rich mono-unsaturated fat content, makes them heart healthy. ➤

Orange sweet potatoes

Unlike regular potatoes, orange sweet potatoes are low GI. They also contain beta-carotene, a protective antioxidant.

GF

WEDNESDAY

NUTRITION INFO

PER SERVE 1900kJ, protein 15g, total fat 21g (sat. fat 4g), carbs 40g, fibre 19g, sodium 50mg
 • Carb exchanges 2½
 • GI estimate low • Gluten free

mains

MOROCCAN VEGETABLE SOUP

PREP TIME: 15 MINS

COOK TIME: 50 MINS

SERVES 2 (AS A MAIN)

1 Tbsp olive oil
1 large brown onion, finely chopped
2 cloves garlic, chopped
1 tsp ground turmeric
1 tsp cumin
¼ tsp ground cinnamon
1 small red chilli, deseeded, thinly sliced
500ml (2 cups) water
250ml (1 cup) passata
250ml (1 cup) salt-reduced or gluten free vegetable stock
90g dried green lentils
1 carrot, chopped

200g orange sweet potato, finely chopped
2 celery sticks, chopped
½ bunch coriander, leaves picked, few sprigs reserved, remaining chopped
2 lemon wedges, to serve

1 Heat the oil in a large, deep non-stick frying pan over medium heat. Add the onion and garlic. Cook, stirring often, for 3-4 minutes or until the onion starts to soften. Add the turmeric, cumin, cinnamon and chilli. Cook, stirring, for 1 minute.

2 Add the passata, water and stock. Bring to the boil. Add the lentils, carrot, sweet potato and celery and return to the boil. Cover the pan and simmer

over low heat for 30 minutes. Simmer, uncovered, for a further 5-10 minutes or until the vegetables and lentils are tender.

3 Stir in the chopped coriander. Serve with lemon wedges and reserved coriander sprigs.

COOK'S TIP

Adding coriander after cooking helps protect its beneficial oils and flavour. ➤

Soup

This vegetarian version of the classic Moroccan soup harira contains turmeric, which is good for heart and brain health, and inflammatory conditions such as arthritis. Cumin improves blood circulation, while cinnamon is a digestive aid and helps regulate blood glucose levels.

GFO

THURSDAY

NUTRITION INFO

PER SERVE 1720kJ, protein 18g, total fat 11g (sat. fat 2g), carbs 51g, fibre 16g, sodium 627mg • Carb exchanges 3½
• GI estimate low
• Gluten-free option

GFO

FRIDAY

SMOKED PAPRIKA PAELLA WITH COD & PEAS

Cod is an excellent source
of stress-busting B vitamins
and magnesium.

see recipe, page 60 >>

NUTRITION INFO

PER SERVE 1870kJ,
protein 40g, total fat 13g
(sat. fat 2g), carbs 37g,
fibre 12g, sodium 559mg

- Carb exchanges 2½
- GI estimate low
- Gluten-free option



mains



MEATBALLS WITH ZUCCHINI NOODLES

PREP TIME: 20 MINS

COOK TIME: 30 MINS

SERVES 2 (AS A MAIN)

- 200g extra lean beef mince
- 1 tsp dried oregano
- 1 egg yolk (from 60g egg)
- 4 cloves garlic, 1 finely grated, 3 sliced
- Freshly ground black pepper
- 1 Tbsp olive oil
- 1 baby fennel bulb, finely chopped, fronds reserved
- 1 carrot, finely chopped
- 250ml (1 cup) passata
- 2 Tbsp balsamic vinegar
- 250ml (1 cup) salt-reduced or gluten-free vegetable stock

Zucchini noodles

- ½ tsp olive oil
- 1 large zucchini, cut into noodles with a julienne peeler or spiraliser
- 250g frozen edamame, thawed, beans removed from pods

- 1 Put the mince,** oregano, egg yolk and grated garlic in a bowl. Season with pepper. Mix until well combined. Shape into 8 balls.
- 2 Heat the oil** in a medium non-stick frying pan over medium-high heat. Add the meatballs and cook for 2-3 minutes, turning carefully, until well browned. Remove from pan.
- 3 Reduce pan heat** to medium

Meatballs
Rich in potassium, zucchinis are used instead of pasta here as a delicious gluten-free and lower carb alternative. Potassium helps to lower blood pressure and maintain a healthy heart rate.

and add the fennel, carrot and sliced garlic. Cook, stirring, for 5 minutes or until they soften. Add the passata, vinegar and stock to the pan. Stir well. Return the meatballs to the pan and cook, covered, over medium-low heat, for 20 minutes or until meatballs are cooked through.

4 Meanwhile, to make zucchini noodles, heat the ½ tsp of oil in a large non-stick frying pan over high heat. Add the zucchini and edamame and cook for 2-3 minutes or until the zucchini softens and is heated through.

5 Serve zucchini mixture with the meatballs and scatter with fennel fronds.



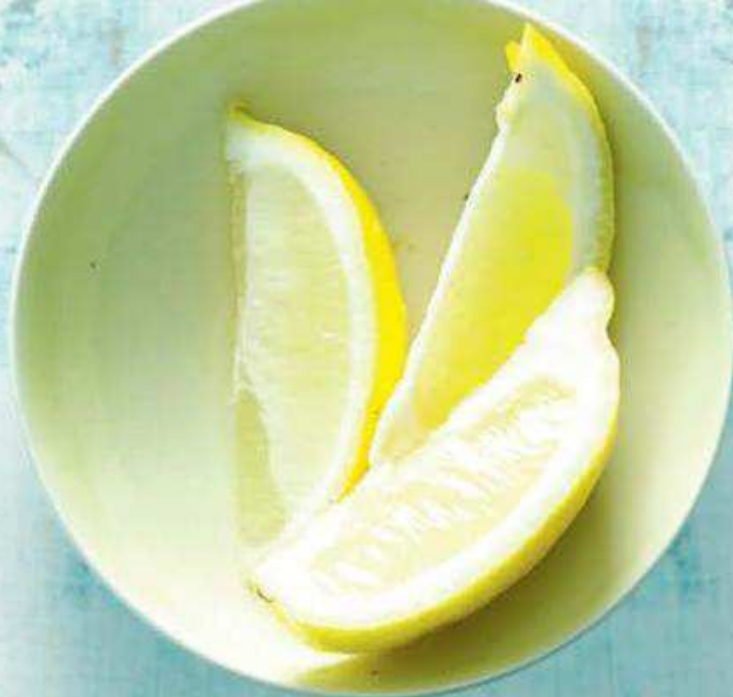
SMOKED PAPRIKA PAELLA WITH COD & PEAS

PREP TIME: 15 MINS

COOK TIME: 40 MINS

SERVES 2 (AS A MAIN)

- 1 Tbsp olive oil
- 1 brown onion, finely chopped
- 2 cloves garlic, chopped
- 100g basmati rice
- 1 tsp ground turmeric
- 1 tsp smoked paprika
- 250ml (1 cup) water
- 250ml (1 cup) salt-reduced or gluten-free vegetable stock
- 1 large red capsicum, chopped
- 1 large zucchini, finely chopped



Cod is an excellent source of vitamins

- 120g (¾ cup) frozen peas
- 300g blue-eye cod fillets, cut into large chunks
- ⅓ bunch flat-leaf parsley, leaves picked, chopped
- ½ lemon, cut into wedges, to serve

- 1 Heat the oil** in a large non-stick frying pan over medium-high heat. Add the onion and garlic. Cook, stirring occasionally, for 3-4 minutes or until onion softens slightly.
- 2 Add the rice,** turmeric and paprika to the pan. Cook, stirring, for 1 minute. Add the water, stock and capsicum. Cover the pan and reduce heat to low. Simmer, covered, for 20 minutes. Stir in the zucchini and cook, covered, for a further 5 minutes.
- 3 Add the peas** and cod to the pan. Cover and cook for 10 minutes or until the rice is cooked and the liquid has been absorbed. Toss with the parsley and serve with lemon wedges.



YOUR shopping list

GROCERIES

- ☐ 1L carton salt-reduced vegetable stock
- ☐ 400g can no-added-salt red kidney beans
- ☐ 1kg pkt basmati rice
- ☐ 700g jar passata
- ☐ 375g pkt dried green lentils

FRUIT AND VEGETABLES

- ☐ 1 small red onion
- ☐ 2 brown onions
- ☐ 2 small red chillies
- ☐ 750g Zerella Baby Spud Lite potatoes
- ☐ 2 small (100g each) orange sweet potatoes + 200g
- ☐ 10 asparagus spears
- ☐ 1 large leek
- ☐ ½ bunch celery
- ☐ 1 large avocado
- ☐ 2 tomatoes
- ☐ 1 large red capsicum
- ☐ 2 large zucchini
- ☐ 2 carrots
- ☐ 1 bulb baby fennel
- ☐ 1 bunch coriander
- ☐ 1 bunch flat-leaf parsley
- ☐ 1 bunch tarragon
- ☐ 2 limes
- ☐ 1 lemon

MEAT & POULTRY

- ☐ 2 x 150g skinless chicken breast fillets
- ☐ 200g extra lean beef mince

SEAFOOD

- ☐ 300g blue eye cod fillets

CHILLED

- ☐ 200g tub low-fat natural yoghurt

FROZEN

- ☐ 500g pkt frozen peas
- ☐ 454g pkt frozen edamame

FIND AT HOME

- ☐ Olive oil
- ☐ Cooking spray
- ☐ 2 x 60g eggs
- ☐ 9 cloves garlic
- ☐ Ground turmeric, smoked paprika, ground cumin and ground cinnamon
- ☐ Dried oregano
- ☐ Freshly ground black pepper
- ☐ Balsamic vinegar

LEFTOVERS

Stock: Use the remaining few tablespoons of stock in sauces.

Lentils: Use to make dhal or in curries or soups.

Passata: Use the remaining passata as a sauce over pizza bases or add to soups or pasta sauces.

Rice: Cook and serve with your favourite healthy vegetable curry or use in soups or to make rice salad.

Celery: Cut up and munch on as a healthy snack while preparing dinner.

Parsley: Use half parsley and half coriander when making your own pesto. Finely chop and add into salad dressings, or use the whole leaves on sandwiches in place of salad leaves.

Tarragon: Finely chop and use in dressings. Or mix with a little light mayonnaise, lemon juice, freshly ground black pepper and a little mustard, then toss in steamed chopped carisma potatoes to make potato salad.

Thyme: Use when roasting vegetables or in salad dressings.

Yoghurt: Serve with fruit for breakfast with a little low-fat muesli sprinkled over the top. Alternatively, use in smoothies or in baking.

Edamame: Steam and munch on as a snack.

Potatoes and frozen peas: Cook peas with your potatoes and then mash to make a pea and potato mash, throwing in a little shredded mint, a little warm skim milk and a small amount of light margarine. Season with pepper. ■

Meatless meals

for two

Up your vegie game
with these fresh and fab
produce-powered dinners

GRILLED VEGETABLE QUESADILLA

Fire up the barbie for a
delicious healthy lunch
see recipe, page 66 >>



How our
food works
for you
see page 83

NUTRITION INFO **GFO**

PER SERVE 1710kJ, protein 25g,
total fat 14g (sat. fat 6g), carbs 38g,
fibre 12g, sodium 520mg
• Carb exchanges 2½ • GI estimate
medium • Gluten-free option

**UDON
NOODLE BOWL**

An easy Asian-inspired,
flavour-packed bowl of
goodness *see recipe,*
page 66 >>



NUTRITION INFO **GFO**

PER SERVE 1830kJ,
protein 18g, total fat 21g
(sat. fat 6g), carbs 36g,
fibre 12g, sodium 670mg

- Carb exchanges 2½
- GI estimate low
- Gluten-free option

*Herbs
and
spices
will add
zing to
any dish*

GINGERED VEGETABLE CURRY

PREP TIME: 15 MINS

COOK TIME: 15 MINS

SERVES 2 (AS A MAIN)

1 tsp canola oil
½ brown onion, chopped
1 carrot, sliced
2 tsp Thai red curry paste or
gluten-free curry paste
2 tsp grated ginger
1 tsp cornflour or
gluten-free cornflour
250ml (1 cup) Carnation Light &
Creamy Coconut Flavoured Milk
100g cauliflower, cut into
small florets
60g green beans, cut into
5cm pieces
125g can chickpeas, rinsed, drained
2 tsp fresh lime juice
60g (¼ cup) SunRice Low GI
Brown Rice, cooked following
packet directions
¼ cup coriander leaves
2 tsp coarsely chopped
unsalted peanuts

1 Heat the oil in a medium saucepan over medium heat. Add the onion and carrot. Cook, stirring occasionally, for 5-7 minutes or until the onion softens. Add the curry paste and ginger. Cook, stirring, for 1 minute.

2 Combine the cornflour and milk and add to the pan. Increase heat to high and bring to a simmer. Add cauliflower, beans and chickpeas. Reduce heat to medium and simmer for 8 minutes or until the vegetables are just tender. Stir in the lime juice.

3 Serve vegetable mixture over the rice. Top with the coriander and peanuts. ➤

NUTRITION INFO **GFO**
PER SERVE 1560kJ,
protein 19g, total fat 9g
(sat. fat 2g), carbs 49g,
fibre 10g, sodium 561mg
• Carb exchanges 3½
• GI estimate low
• Gluten-free option

mid-week meals

Cook's Tip

If fresh peaches aren't available, replace with 8 canned peach slices in natural juices, drained.



WILD RICE AND BEAN SALAD

Prepare the rice up to a day before if needed, then just add the extras
see recipe, page 66 >>

NUTRITION INFO **GFO**

PER SERVE 1380kJ,
protein 15g, total fat 13g
(sat. fat 3g), carbs 33g,
fibre 9g, sodium 430mg
• Carb exchanges 2
• GI estimate medium
• Gluten-free option

mid-week meals



GRILLED VEGETABLE QUESADILLA

PREP TIME: 20 MINS

COOKING TIME: 15 MINS

SERVES 2 (AS A MAIN)

1 cob corn, husk and silk removed
½ small green capsicum, seeds removed
½ red onion, sliced
2 yellow squash, cut lengthways into 5mm-thick slices
Freshly ground black pepper
2 Helga's Wholemeal Lower Carb Wrap or gluten-free wraps
60g (½ cup) grated reduced-fat cheese
1 tomato, deseeded, chopped
1 Tbsp chopped coriander
1 green shallot, finely chopped
1 clove garlic, crushed
1 tsp finely chopped chilli
70g (¼ cup) fat-free Greek-style natural yoghurt
Coriander leaves, to serve (optional)

1 Preheat a barbecue grill on medium. Lightly spray corn, capsicum, onion and squash with cooking spray. Cook corn on grill, covered, for 4 minutes. Add onion and capsicum, and cook, covered, for 5 minutes. Add squash and cook, covered, for 3 minutes or until the vegetables are tender and lightly charred.

2 When cool enough to handle, cut corn kernels off cob. Coarsely chop capsicum, onion and squash. Sprinkle vegies with pepper. Spoon vegies onto tortillas, below centre. Sprinkle over cheese. Fold tortillas in half over filling. Spray with cooking spray. Press down lightly.

3 Add tortillas to grill and cook,

covered, for 3-4 minutes or until golden and crisp, turning once. Cut into quarters. Combine tomato, coriander, shallot, garlic and chilli in a small bowl. Serve quesadillas with tomato mixture, yoghurt and coriander.



UDON NOODLE BOWL

PREP TIME: 15 MINS

COOK TIME: 15 MINS

SERVES 2 (AS A MAIN)

1 tsp sesame oil
50g button mushrooms, quartered
1 carrot, cut into thin sticks
1 clove garlic, crushed
310ml (1¼ cups) water
185ml (¾ cup) salt-reduced or gluten-free vegetable stock
2 tsp salt-reduced or gluten-free soy sauce
1 tsp rice vinegar
150g drained extra firm tofu, cut into 2.5cm cubes
1 small zucchini, halved lengthways, cut into 1½ cm-thick slices
110g Trident udon or gluten-free noodles
50g (½ cup) shredded red cabbage
1 green shallot, diagonally sliced
2 Tbsp coriander leaves
1 Tbsp chopped roasted unsalted peanuts or cashews

1 Heat oil in a large saucepan over medium heat. Add mushrooms, carrot and garlic. Cook, stirring often, for 3 minutes. Add water, stock, soy sauce and vinegar. Bring to the boil over high heat. Reduce heat to medium and simmer, stirring occasionally, for 5 minutes.

2 Add the tofu, zucchini, noodles

and cabbage to the pan. Simmer for 3 minutes.

3 Divide the mixture between serving bowls. Serve with the green shallot, coriander and nuts.



WILD RICE AND BEAN SALAD

PREP TIME: 10 MINS

(+ 1 HOUR CHILLING)

COOK TIME: 40 MINS

SERVES 2 (AS A LIGHT MEAL)

125ml (½ cup) water
60ml (¼ cup) salt-reduced or gluten-free vegetable stock
45g (¼ cup) uncooked wild rice, rinsed, drained
2 Tbsp fresh lime juice
1 Tbsp olive oil
1 tsp chopped mint
2 cups baby rocket leaves
1 peach, peeled (if desired), flesh sliced (see Cook's Tip, page 19)
130g (½ cup) rinsed and drained canned cannellini beans
30g reduced-fat feta, crumbled
Freshly ground black pepper, to serve
Lime wedges, to serve (optional)

1 Bring water and stock to boil in a small saucepan over high heat. Stir in rice. Reduce heat to low and simmer, covered, for 40 minutes or until rice is tender. Drain, transfer to a medium bowl. Set aside to cool.

2 Add lime juice, olive oil and mint to rice. Toss to combine. Cover and chill in fridge for up to 24 hours.

3 Add rocket, peach, cannellini beans and feta to rice. Season with pepper. Toss to combine. Serve with lime wedges, if desired. ■



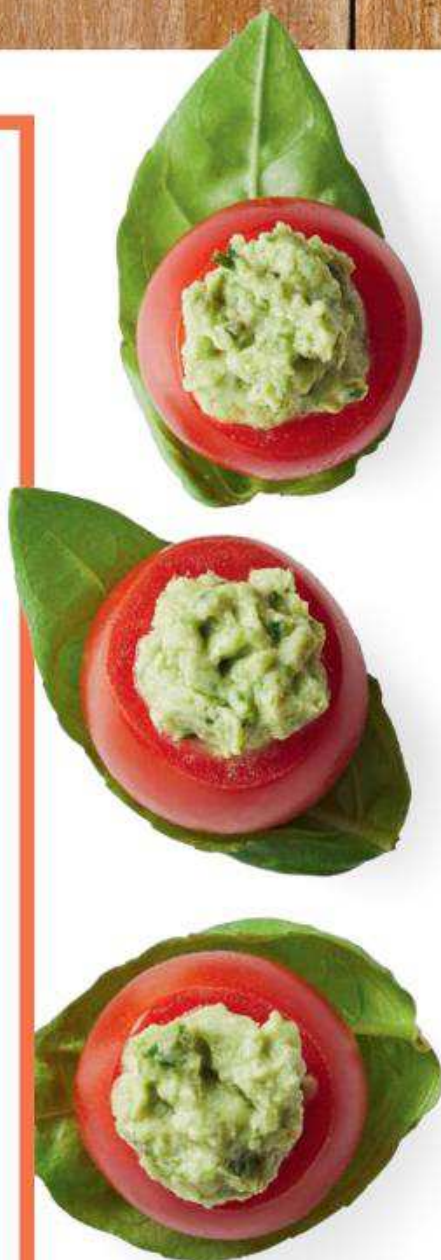
snacks

Too much saturated fat can cause high blood cholesterol. So swap it for healthy monounsaturated fats found in creamy avos

Avocado

TIP-TOP TICKER

Avocados contain monounsaturated fat, which can help reduce cholesterol levels when it replaces some of the saturated fat in a diet. But the kilojoules add up quickly: **½ a small avocado equals 440 kilojoules.** Still, its fibre content – 2 grams per ½ avocado – slows digestion, so you'll feel fuller for longer. Toss it into salads or salsas, or mash for guacamole (just add lime juice to prevent browning).



AVOCADO & PESTO STUFFED TOMATOES

1 Cut a thin slice from the top of 30 **cherry tomatoes**. (If necessary, cut a thin slice from the bottom of each tomato as well so it stands upright.) Using a small spoon or a melon baller, carefully hollow out tomatoes. Invert tomatoes on a baking tray lined with paper towel. Set aside for 30 minutes to drain.

2 To make the filling, combine ½ medium **avocado**, peeled and mashed, 60g room temperature **light cream cheese**, 2 Tbsp **basil pesto** and 1 tsp fresh **lemon juice** in a small bowl. Mix until smooth. If desired, line a serving platter with fresh **basil leaves**. Spoon filling into **tomatoes** and place on platter. If desired, sprinkle with **cracked black pepper**. Serve immediately or loosely cover the filled **tomatoes** with plastic wrap and chill for up to 4 hours. Serves 6 (as a snack or canapé). ■

How our
food works
for you
see page 83

NUTRITION INFO **GF** **LC**
PER SERVE 398kJ, protein 2g,
total fat 10g (sat. fat 3g), carbs 1g,
fibre 1g, sodium 46mg
• Carb exchanges 0 • GI estimate n/a
• Gluten free • Lower carb

10 healthy

Feeling peckish? These satisfying bites can be made in minutes

▶▶ There is a way to snack healthily – and this is it! Our options are made with wholesome, minimally processed ingredients and are low in added sugar and salt. They're a healthy alternative to shop-bought, high-sugar snacks that can cause a spike in blood glucose levels, leaving you reaching for the biscuit tin a short time later. If you have one or two of these to hand, you won't be tempted by unhealthy alternatives.

How to snack smart

For some people, the best way to avoid getting too hungry is to eat every three to four hours. Three small meals with a couple of healthy bites in between can help manage your BGLs and help you feel full for longer. These ideas are handy pick-me-ups and some of them will help you hit your five-a-day vegie target.

1 Crushed pea & mint dip with carrot sticks

Put 70g (½ cup) defrosted frozen peas, 1 Tbsp ricotta, juice of half lemon, 1 Tbsp chopped mint and freshly ground black pepper in bowl of small food processor. Cover and process until it's well combined and comes together. Serve with 1 carrot, cut into sticks for dipping. Serves 1.

PER SERVE 554kJ, protein 8g, total fat 2g (sat. fat 1g), carbs 14g, fibre 11g, sodium 90mg • Carb exchanges 1 • GI estimate low • Gluten free • Lower carb **GF** **LC**

2 Spiced almonds

Put 20g unsalted, unroasted almonds in bowl and sprinkle with pinch of smoked paprika. Serves 1.

PER SERVE 520kJ, protein 4g, total fat 11g (sat. fat 1g), carbs 1g, fibre 2g, sodium 12mg • Carb exchanges 0 • GI estimate n/a • Gluten free • Lower carb **GF** **LC**

snacks

snacks

3 Coconut-roasted edamame

Put 170g unshelled edamame, ½ tsp olive oil and 2 tsp desiccated coconut in a bowl. Toss to combine. Spread out over a baking tray lined with baking paper. Cook in an oven preheated to 180°C (fan-forced) for 10 minutes or until coconut is golden. Serves 1.

PER SERVE 491kJ, protein 6g, total fat 9g (sat. fat 3g), carbs 2g, fibre 4g, sodium 1mg • Carb exchanges 0 • GI estimate n/a • Gluten free • Lower carb **GF** **LC**

4 Pita pocket

Fill ½ a wholemeal pita pocket with 25g cooked skinless chicken breast, ¼ Lebanese cucumber, sliced lengthways, and 4 cherry tomatoes, halved. Serves 1.

PER SERVE 386kJ, protein 9g, total fat 1g (sat. fat 0g), carbs 9g, fibre 2g, sodium 62mg • Carb exchanges ½ • GI estimate medium • Lower carb **LC**

5 Apple crunch

Cut 1 small eating apple in half and spread with 2 tsp no-added-salt-and-sugar peanut butter. Serves 1.

PER SERVE 658kJ, protein 3g, total fat 7g (sat. fat 1g), carbs 18g, fibre 4g, sodium 5mg • Carb exchanges 1 • GI estimate low • Gluten free **GF**

6 Egg & soldiers

Cut 1 soft-boiled egg in half and serve with 7 spears of steamed asparagus for dipping. Serves 1.

PER SERVE 448kJ, protein 10g, total fat 6g (sat. fat 2g), carbs 2g, fibre 3g, sodium 78mg • Carb exchanges 0 • GI estimate n/a • Gluten free • Lower carb **GF** **LC**

7 Fruit & seed yoghurt

Top 100g low-fat Greek-style natural yoghurt with 1 sliced kiwifruit, 1 tsp mixed seeds and a pinch ground cinnamon. Serves 1.

PER SERVE 646kJ, protein 9g, total fat 4g (sat. fat 2g), carbs 17g, fibre 4g, sodium 112mg • Carb exchanges 1 • GI estimate low • Gluten free **GF**

8 Sweet potato fries

Cut 100g peeled sweet potato into chips. Toss with 1 tsp olive oil and ¼ tsp cayenne pepper. Spread over a baking tray lined with baking paper. Bake in an oven preheated to 180°C (fan-forced) for 20 minutes or until sweet potato is tender. Serves 1.

PER SERVE 476kJ, protein 2g, total fat 5g (sat. fat 1g), carbs 14g, fibre 3g, sodium 17mg • Carb exchanges 1 • GI estimate low • Gluten free **GF**

9 Chilli avocado

Sprinkle ½ small avocado with a pinch of chilli flakes, the juice of ¼ lime and a little black pepper. Eat with a spoon. Serves 1.

PER SERVE 471kJ, protein 1g, total fat 11g (sat. fat 2g), carbs 0g, fibre 3g, sodium 3mg • Carb exchanges 0 • GI estimate n/a • Gluten free • Lower carb **GF** **LC**

10 Chocolate banana ice-cream

Blend 1 frozen banana and 1 tsp cocoa powder in a small blender until smooth. Eat immediately! Serves 1. ■

PER SERVE 403kJ, protein 2g, total fat 1g (sat. fat 0g), carbs 20g, fibre 3g, sodium 5mg • Carb exchanges 1½ • GI estimate low • Gluten free **GF**



chocolate



**CHOCOLATE
ZABAGLIONE**
Smooth choc and
marsala go so well
with frozen yoghurt.
see recipe, page 76 >>

NUTRITION INFO **GF**
PER SERVE (with sugar)
954kJ, protein 4g, total fat
11g (sat. fat 6g), carbs 28g,
fibre 1g, sodium 52mg
• Carb exchanges 2
• GI estimate low
• Gluten free

PER SERVE (with sugar
substitute) 832kJ, protein
4g, total fat 11g (sat. fat 6g),
carbs 21g, fibre 1g, sodium
53mg • Carb exchanges 1½
• GI estimate low
• Gluten free

VANILLA

**Chocolate and vanilla stand the test
of time for a reason. These dreamy
desserts will have you on cloud nine**

How our
food works
for you

see page 83

NUTRITION INFO

PER SERVE 922kJ,
protein 5g, total fat
9g (sat. fat 2g),
carbs 30g, fibre 1g,
sodium 81mg

- Carb exchanges 2
- GI estimate medium

**WHITE CHOCOLATE
PUDDING WITH
MACADAMIA CRUST**

The dreamy white choc
centre is a delight.
see recipe, page 76 >>



NUTRITION INFO

PER SERVE (with sugar)
465kJ, **protein** 2g, **total fat** 6g (sat. fat 3g), **carbs** 12g, **fibre** 0g, **sodium** 40mg
• Carb exchanges 1
• GI estimate low

PER SERVE (with sugar substitute) 426kJ, **protein** 2g, **total fat** 6g (sat. fat 3g), **carbs** 10g, **fibre** 0g, **sodium** 40mg • Carb exchanges $\frac{1}{2}$
• GI estimate low

CHOCOLATE ORANGE CUPS

The cutest little 'mud pies' you can make.
see recipe, page 77 >>



VANILLA ICE-CREAM SANDWICHES

PREP TIME: 30 MINS (+ COOLING AND 2 HOURS FREEZING)

COOK TIME: 15 MINS

SERVES: 24 (1 SANDWICH EACH, AS AN OCCASIONAL DESSERT)

125g light cream cheese,
at room temperature
125g light margarine
395g (1¾ cups) sugar or
granulated sugar substitute
1 tsp bicarbonate of soda
1 tsp cream of tartar
3 egg yolks (from 60g eggs)
½ tsp vanilla bean paste
190g (1¼ cups) plain flour
80g (½ cup) wholemeal plain flour
3 cups Blue Ribbon Light Vanilla
Ice Cream, softened

1 Preheat oven to 150°C (fan-forced). Line 2 baking trays with baking paper.

2 Put cream cheese and margarine in a large bowl and beat, using an electric hand mixer, until well combined. Add sugar, bicarb

and cream of tartar until well combined, scraping the bowl down when necessary. Add egg yolks and vanilla bean paste. Beat until smooth. Add flours and beat until combined.

3 Shape dough into 2.5cm balls. Place balls about 5cm apart on the lined trays. Bake for 15 minutes or until edges are set but not brown. Set aside on trays for 5 minutes. Then transfer to wire rack to cool.

4 Spread about 2 Tbsp of the ice-cream over the bases of half of the biscuits. Top with remaining biscuits, placing on base-side down. Place sandwiched biscuits

in a shallow container or baking dish and freeze for up to 2 hours, or until firm. Transfer to a freezerproof container, cover and freeze for up to 1 month. ►

NUTRITION INFO

PER SERVE (with sugar) 713kJ, protein 3g, total fat 5g (sat. fat 2g), carbs 29g, fibre 1g, sodium 96mg
• Carb exchanges 2
• GI estimate medium

PER SERVE (with sugar substitute) 480kJ, protein 3g, total fat 5g (sat. fat 2g), carbs 15g, fibre 1g, sodium 98mg • Carb exchanges 1
• GI estimate medium

CHOCOLATE TIRAMISU CAKE ROLL

Roll up, roll up for
a popular dessert
experience.

see recipe, page 77>>

NUTRITION INFO

PER SERVE (with
sugar) 870kJ, protein
6g, total fat 8g (sat. fat
5g), carbs 26g, fibre
1g, sodium 124mg
• Carb exchanges 1½
• GI estimate medium

PER SERVE (with
sugar substitute) **LC**
626kJ, protein 6g,
total fat 8g (sat. fat
5g), carbs 10g, fibre
1g, sodium 126mg
• Carb exchanges ½
• GI estimate medium
• Lower carb

Cook's Tip
Melt the chocolate in
a small heatproof bowl
over a small saucepan
of simmering
water.



It's a real thriller with vanilla

VANILLA AND WHITE CHOCOLATE PANNA COTTA

PREP TIME: 15 MINS
(+ 4 HOURS CHILLING)

COOK TIME: 10 MINS

SERVES 6 (AS AN OCCASIONAL DESSERT)

125ml (½ cup) light thickened cream
10g sachet powdered gelatine
200g (¾ cup) fat-free Greek-style natural yoghurt
185ml (¾ cup) skim milk
3 Tbsp sugar or granulated sugar substitute
2 Tbsp water
85g white cooking chocolate, finely chopped
1 tsp vanilla essence
Extra white chocolate shavings, to serve (optional)

1 Spray six 185ml (¾ cup) ramekins with cooking spray and place in a shallow dish.
2 Put the cream in a small saucepan and sprinkle over the gelatine (don't stir). Set aside for 5 minutes. Cook over medium-low heat for 5 minutes or until gelatine dissolves. Stir in the yoghurt, milk, sugar and water. Cook, stirring, over medium heat until heated through. Remove pan from heat. Stir in the white chocolate and vanilla until chocolate melts. Pour the mixture into the ramekins. Place in the fridge for 4 hours, or until firm.
3 Using sharp knife, loosen panna cotta from sides of ramekins. Turn out onto dessert plates (see Cook's Tip). Top with extra chocolate shavings, if using.

COOK'S TIP

If you find the panna cotta hard to get out of the ramekins, simply dip the base of the ramekins into a bowl of hot water for a few seconds. ➤

NUTRITION INFO **GF**

PER SERVE (with sugar)
808kJ, protein 6g, total fat 10g (sat. fat 6g), carbs 21g, fibre 0g, sodium 55mg
• Carb exchanges 1½
• GI estimate low
• Gluten free

PER SERVE (with sugar substitute) 690kJ, protein 6g, total fat 10g (sat. fat 6g), carbs 13g, fibre 0g, sodium 55mg • Carb exchanges 1
• GI estimate low
• Gluten free



CHOCOLATE ZABAGLIONE

PREP TIME: 25 MINS
(+ 2 HOURS CHILLING)
COOK TIME: 10 MINS
SERVES 6 (AS AN OCCASIONAL DESSERT)

3 egg yolks (from 60g eggs)
40g (¼ cup) sugar or granulated sugar substitute
60ml (¼ cup) light thickened cream
2 Tbsp Dutch processed cocoa, sifted
2 Tbsp sweet marsala
30g dark chocolate, grated
½ tsp vanilla essence
1½ cups Weis Creamy Vanilla Bean Frozen Yoghurt
30g dark chocolate, extra, peeled into curls or finely shredded

1 Put egg yolks, sugar, cream, cocoa and marsala in a medium heatproof bowl over a medium saucepan of simmering water (make sure the bowl doesn't touch the water).

2 Using a whisk, whisk constantly, over heat for about 10 minutes or until mixture is thick and creamy. Remove pan from heat and stir in grated chocolate and vanilla. Cover with plastic wrap. Place in the fridge for at least 2 hours to chill.

3 Serve the zabaglione with the frozen yoghurt. Top with chocolate curls and serve.



WHITE CHOCOLATE PUDDING WITH MACADAMIA CRUST

PREP TIME: 55 MINS
(+ OVERNIGHT CHILLING)
COOK TIME: 40 MINS
SERVES 12 (AS AN OCCASIONAL DESSERT)

150g (1 cup) plain flour
1 tsp baking powder
2 x 60g eggs, at room temperature
110g (½ cup) sugar, plus 2 Tbsp
125ml (½ cup) skim milk
2 Tbsp light margarine
1 tsp vanilla essence
60g (⅓ cup) raw unsalted macadamia nuts, finely chopped

White chocolate pudding

3 Tbsp sugar
4 tsp cornflour
310ml (1¼ cups) skim milk
2 egg yolks (from 60g eggs)
60g white cooking chocolate, chopped
1 Tbsp fresh lemon juice
1 tsp light margarine
1 tsp vanilla essence

1 For the white chocolate pudding, combine sugar and cornflour in a medium saucepan. Gradually whisk in milk. Cook, stirring, over medium heat until mixture thickens and starts to

bubble. Reduce heat to low and cook, stirring, for 2 minutes. Remove pan from heat.

2 Whisk egg yolks in a medium bowl. Gradually stir in about ½ cup of hot mixture into egg yolks. Return yolk mixture to remaining hot mixture in saucepan. Bring to a gentle boil, stirring. Reduce heat to low and simmer for 2 minutes. Remove pan from heat. Stir in chocolate, lemon juice, margarine and vanilla essence. Place pan in large bowl filled with iced water. Stir for 2 minutes to cool quickly. Transfer mixture to medium bowl. Cover with plastic wrap. Place in fridge for at least 2 hours to chill.

3 Preheat oven to 180°C (fan-forced). Line a 20cm (base measurement) round springform cake tin with baking paper, allowing paper to extend above the top of the tin. Sift flour and baking powder in a small bowl.

4 Put the eggs in a large bowl and whisk, using an electric hand mixer, on high speed for 4 minutes or until thick. Gradually whisk in the sugar, beating on medium for 4-5 minutes or until light and fluffy. Beat in flour mixture until just combined.

5 Heat milk and margarine in small saucepan over medium heat until margarine melts. Add milk mixture and vanilla to egg mixture. Beat until combined. Spoon into tin and spread out. Bake for 20 minutes. Sprinkle with nuts and the 2 Tbsp sugar. Bake for 5-10 minutes more or until a skewer inserted into middle comes out clean. Set aside in tin for 10 minutes. Carefully transfer to wire rack. Set aside to cool.

6 Using long serrated knife, cut cake in half horizontally. Spread cut side of cake bottom with white chocolate pudding. Add cake top, nut side up. Serve.





CHOCOLATE ORANGE CUPS

PREP TIME: 55 MINS
(+ 30 MINS COOLING)

COOK TIME: 20 MINS

SERVES 24 (1 EACH, AS DESSERT)

- 1 Tbsp sugar or granulated sugar substitute
- 1½ tsp cornflour
- 125ml (½ cup) skim milk
- 60g egg
- 90g dark chocolate, chopped
- ¼ tsp orange zest
- ¼ tsp vanilla essence
- 80g (⅓ cup) vanilla fruche
- Dutch processed cocoa, for dusting

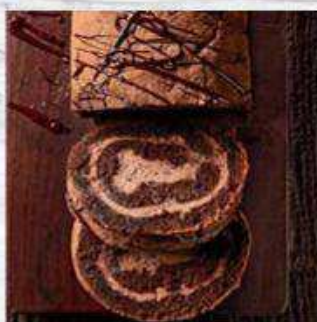
Chocolate cups

- 125g light cream cheese, at room temperature
- 60g margarine
- 125g dark chocolate, chopped, melted (see Cook's Tip, page 30)
- 3 Tbsp sugar or granulated sugar substitute
- 2 Tbsp flaxseed meal
- 110g (¾ cup) plain flour

- 1 For chocolate cups**, preheat oven to 200°C (fan-forced). In large bowl, beat cream cheese and margarine until smooth. Beat in remaining ingredients. Shape into 24 balls.
- 2 Press balls** into a non-stick 24-hole 30ml (1½ Tbsp) mini muffin tin. Bake for 8 minutes or until edges are firm and bottoms set. Set aside in tins for 5 minutes before transferring to racks to cool.
- 3 For filling**, combine sugar and cornflour in a small saucepan. Gradually whisk in milk. Cook over medium heat, stirring, until mix

thickens and simmers. Reduce heat to low. Simmer for 2 minutes. Remove from heat. Whisk egg in small bowl. Gradually stir ½ cup of hot mix into egg. Return to mix in pan. Cook, stirring, until at a simmer. Cook on low for 2 minutes.

- 4 Stir chocolate**, orange zest and vanilla essence into egg mixture. Place saucepan in extra-large bowl half-filled with ice water. Stir for 2 minutes to cool quickly. Transfer mixture to medium bowl. Cover surface with plastic wrap and set aside for 30 minutes. Fold in fruche.
- 5 Pipe filling** into cooled chocolate cups. Dust with cocoa to serve.



CHOCOLATE TIRAMISU CAKE ROLL

PREP TIME: 40 MINS (+ 1 HOUR COOLING + 2 HOURS CHILLING)

COOK TIME: 15 MINS

SERVES 12 (AS AN OCCASIONAL DESSERT)

- Plain flour, for dusting, plus 50g (½ cup)
- 30g (¼ cup) Dutch processed cocoa, plus extra for dusting
- ¼ tsp bicarbonate of soda
- 30g dark chocolate, grated
- 4 x 60g eggs, at room temperature
- 1 Tbsp instant coffee powder
- 220g (1 cup) sugar or granulated sugar substitute
- 60ml (¼ cup) water
- 1 Tbsp coffee liqueur
- 45g dark chocolate, melted (see Cook's Tip, page 30)

Cream cheese filling

- 250g light ricotta
- 125g spreadable cream cheese,

- at room temperature
- 2 Tbsp Dutch processed cocoa, sifted
- 1½ Tbsp coffee liqueur

1 Preheat oven to 190°C (fan-forced). Spray a 25 x 35cm swiss roll tin with cooking spray and line with baking paper, allowing paper to overhang sides. Lightly spray paper, then lightly flour. Sift flour, cocoa and bicarb in a bowl. Stir in chocolate.

2 Using an electric mixer whisk eggs and coffee powder on high for 5 minutes. Gradually add ¾ cup of sugar and whisk for further 5 minutes or until mixture is thick. Fold in flour mixture. Spoon batter in lined tin and gently spread out.

3 Bake for 15 minutes or until top springs back when lightly touched. Immediately loosen edges of cake from tin and turn out onto clean tea towel sprinkled with extra cocoa. Carefully peel off paper. Starting from a short side, roll towel and cake into a spiral. Cool on a wire rack for 1 hour.

4 Meanwhile, to make filling, beat ricotta, cream cheese and cocoa until smooth. Add coffee liqueur and beat until smooth. Cover and chill until sponge has cooled, or up to 24 hours.

5 Put remaining ¼ cup sugar and water in small saucepan. Stir over low heat until sugar dissolves. Increase heat and bring to the boil. Remove pan from heat and stir in liqueur. Set aside to cool.

6 Unroll cake and remove towel. Brush cake with sugar syrup. Spread with cream cheese filling, leaving a 2.5cm edge of cake without any filling. Roll up cake and trim edges. Cover and chill for at least 2 hours, or overnight. Drizzle with melted chocolate and serve. ■



get your carrot on

BHG TV's 'Fast Ed' Halmagyi finds a clever way to indulge your sweet tooth and still up the ante on nutrition

» Vegetables for dessert? Give it a go. As this tempting treat proves, you can have your slice – and eat it too.

ROASTED CARROT AND COCONUT SLICE

PREP TIME: 15 MINS

COOK TIME: 2 HOURS 40 MINS

SERVES 24 (1 PIECE PER SERVE AS A SNACK)

2kg medium carrots, peeled
2 tsp olive oil
1½ tsp fennel seeds, toasted and cracked (see Cook's Tip)
2 Tbsp rice malt syrup
160ml (⅔ cup) milk
1 pink lady apple, grated

240g (1½ cups) wholemeal self-raising flour
45g (½ cup) desiccated coconut
4 egg whites (from 60g eggs)

1 Preheat oven to 180°C (fan-forced) and line an oven tray with baking paper. Spray a 20 x 30cm slice tin with cooking spray and line with baking paper.

2 Toss carrots and oil in a large bowl. Transfer to lined tray. Cover with foil. Bake for 1 hour. Uncover and bake for a further 1 hour, until very tender. Set aside to cool.

3 Transfer carrots to a large bowl and mash until smooth. Stir in fennel seeds and rice malt syrup and mix well. Stir in milk and

apple and mix again. Fold in flour and coconut.

4 Beat egg whites in a large bowl until soft peaks form, then fold gently into carrot mixture. Spoon mixture into lined slice tin. Bake for 35-40 minutes or until golden and firm on top (inside should be moist). Let slice cool before serving.

COOK'S TIPS

- To toast fennel seeds, cook, stirring, in a small non-stick frying pan over medium heat for 2 minutes or until aromatic. Crack fennel seeds with the back of a knife or in a mortar and pestle.
- Keep the slice in the fridge for up to one week. ■



SEE MORE OF 'FAST ED'

For more great recipes, as well as tips for decorating your home, sprucing up your garden, looking after your pets and boosting your wellbeing, buy *Better Homes and Gardens* and tune into the *BHG TV* show on Channel 7. Check your local TV guide for scheduling information.

*Coconut helps
add moisture
to the slice*

**How our
food works
for you**
see page 83

NUTRITION INFO

PER SERVE 403kJ, protein 3g, total fat
3g (sat. fat 1g), carbs 14g, fibre 5g,
sodium 113mg • Carb exchanges 1
• GI estimate medium

To see Fast Ed
cooking this recipe,
tune into *BHG TV*
on August 24.

BREAKFAST

crunch

With a huge range of cereals available, it's hard to choose good from bad

▶▶ The supermarket cereal aisle can be a confusing place. So much choice and so many options proudly proclaiming their health credentials. How do you make the right choice?

To make life easier, we've selected some of our favourites. These are all high in fibre to keep you feeling fuller for longer and to avoid spikes in BGLs. There are plenty of other nutritious cereals available, so it's worth taking the time to read a few food labels

**DL
loves**

next time you're shopping. As a rule of thumb, seek cereals based on whole grains with:

- ▶ at least 9g fibre per 100g;
- ▶ less than 10g of fat per 100g; and
- ▶ less than 300mg of sodium per 100g.

Unfortunately, the nutrition information panel does not distinguish between added sugars and naturally occurring sugars (i.e. from healthy ingredients such as dried fruit).

It's a good idea to check out the ingredients list and avoid cereals with sugar as one of the first two ingredients. The list is written in descending weight, so the first two ingredients show what a product is primarily made up of.

Rather than relying on the manufacturer's recommended serving size, pick a size that will meet your needs to best manage your BGLs. An Accredited Practising Dietitian can help guide you on this. ■



UNCLE TOBYS

- Plus Fibre – Apple and Sultanas
- Shredded Wheat

Honourable Mention

Both available at Coles and Woolworths, RRP from \$4.96



CARMAN'S

- Gourmet Porridge Sachets – Almond, Coconut & Chia

Honourable Mention

- Gourmet Porridge Sachets – Natural 5 Grains & Super Seed

Both available at Woolworths and selected Coles, RRP \$5.70

FREEDOM FOODS

- Active Balance – Multigrain & Cranberry
- Muesli – Ancient Grains, Fruit Free

Honourable Mentions

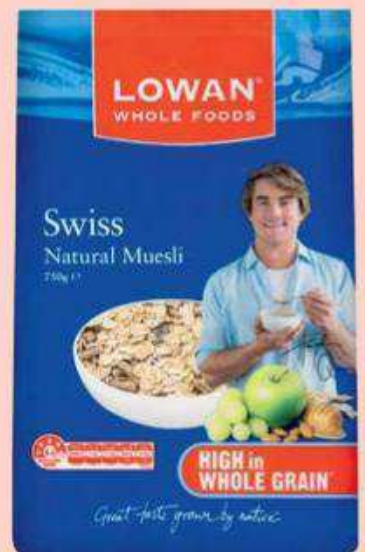
Both available at Coles in the health food aisle, Woolworths gluten-free aisle and selected independents, RRP from \$5.99



LOWAN FOODS

- Natural Muesli – Swiss

Available from Coles and Woolworths, RRP \$4



GOODNESS SUPERFOODS

- Heart Cereal
- Digestive Cereal

Honourable Mention

Both available from Woolworths and selected IGA stores, RRP \$6.17



RED TRACTOR

- Australian Rolled Oats

Available from Coles, RRP \$4



BE NATURAL

- Pink Lady Apple & Flame Raisin
- Whole Grain Mini Bites, Original

Honourable Mention

Both available at Coles and Woolworths, RRP from \$5.29



KELLOGG'S

- Guardian
- Special K Nourish - Cashew, Macadamia & Coconut

Available from most supermarkets, RRP \$6.05



SANITARIUM

- Weet-Bix – For Kids
- Weet-Bix Cholesterol Lowering

Honourable Mention

Both available from Coles and Woolworths, RRP \$2.99



best now

Nice as pie

This lighter take on a classic dish will be the apple of your eye

FREEFORM APPLE PIE WITH ICE-CREAM AND MAPLE SYRUP

PREP TIME: 15 MINS

COOK TIME: 15 MINS

SERVES 6 (AS AN
OCCASIONAL DESSERT)

55g (⅓ cup) wholemeal
self-raising flour
50g (⅓ cup) self-raising flour,
plus extra for dusting
2 Tbsp caster sugar or granulated
sugar substitute
30g light margarine
2½ Tbsp low-fat milk
500g red cooking apples, unpeeled,
quartered, cored, thinly sliced
1 Tbsp fresh lemon juice
Pinch ground cinnamon

6 x 30g scoops Peters No Sugar
Added Creamy Vanilla ice-cream
2 Tbsp Queen Maple Flavoured
Syrup (sugar-free)

1 Preheat oven to 200°C
(fan-forced). Line 2 oven trays
with baking paper.

2 Combine flours and 1 Tbsp
of the sugar in a medium bowl.
Using your fingertips, rub in
margarine until mixture resembles
breadcrumbs. Add 2 Tbsp of the
milk and, using a flat-bladed knife,
mix until dough just comes
together. Turn onto a lightly
floured surface and bring together
to form a smooth ball, being
careful not to over knead. Wrap
in plastic wrap and set aside.

3 Combine apples and lemon
juice in a bowl. Set aside. Divide
pastry into six even portions.
Roll out 1 portion to make a
rough circle 12-13cm in diameter.
Repeat with remaining balls
of pastry. Divide apple slices
between pastry rounds, leaving
a 1½ cm border around the edges.

4 Carefully fold extra pastry
up over apple. Arrange pies on
prepared trays. Brush pastry
with remaining milk. Sprinkle
over remaining sugar and
cinnamon. Bake for 12 minutes
or until pastry is light golden
brown. Transfer to serving
plates. Top with ice-cream and
drizzle over maple syrup.
Serve warm. ■

How our
food works
for you

see page 83

NUTRITION INFO

PER SERVE (with sugar)
854kJ, protein 4g,
total fat 4g (sat. fat 1g),
carbs 32g, fibre 5g,
sodium 172mg
• Carb exchanges 2
• GI estimate medium

PER SERVE (with sugar
substitute) 776kJ, protein
4g, total fat 4g (sat. fat
1g), carbs 27g, fibre 5g,
sodium 172mg
• Carb exchanges 2
• GI estimate medium

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

▶▶ Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main

meal of the day). When we say, “as an occasional dish”, it should only be eaten as a treat, such as once a fortnight.

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*

Kilojoules 8700kJ
Protein 80g
Total fat 70g
Saturated fat 24g
Carbs 270g
Fibre 30g
Sodium Less than 2000mg

To lose weight*

Kilojoules 6000kJ
Protein 65g
Total fat 45g
Saturated fat 15g
Carbs 180g
Fibre 30g
Sodium Less than 2000mg

* These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.

PHOTOGRAPHY ADAM ALBRIGHT
STYLING CHARLIE WORTHINGTON

CUT OUT & KEEP



UDON NOODLE BOWL

see recipe, page 66>>



NUTRITION INFO **GFO**

PER SERVE 1830kJ,
protein 18g, total fat 21g (sat. fat 6g), carbs 36g,
fibre 12g, sodium 670mg • Carb exchanges 2½
• GI estimate low • Gluten-free option

Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of

granulated sugar substitute.

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

Living the sweet life

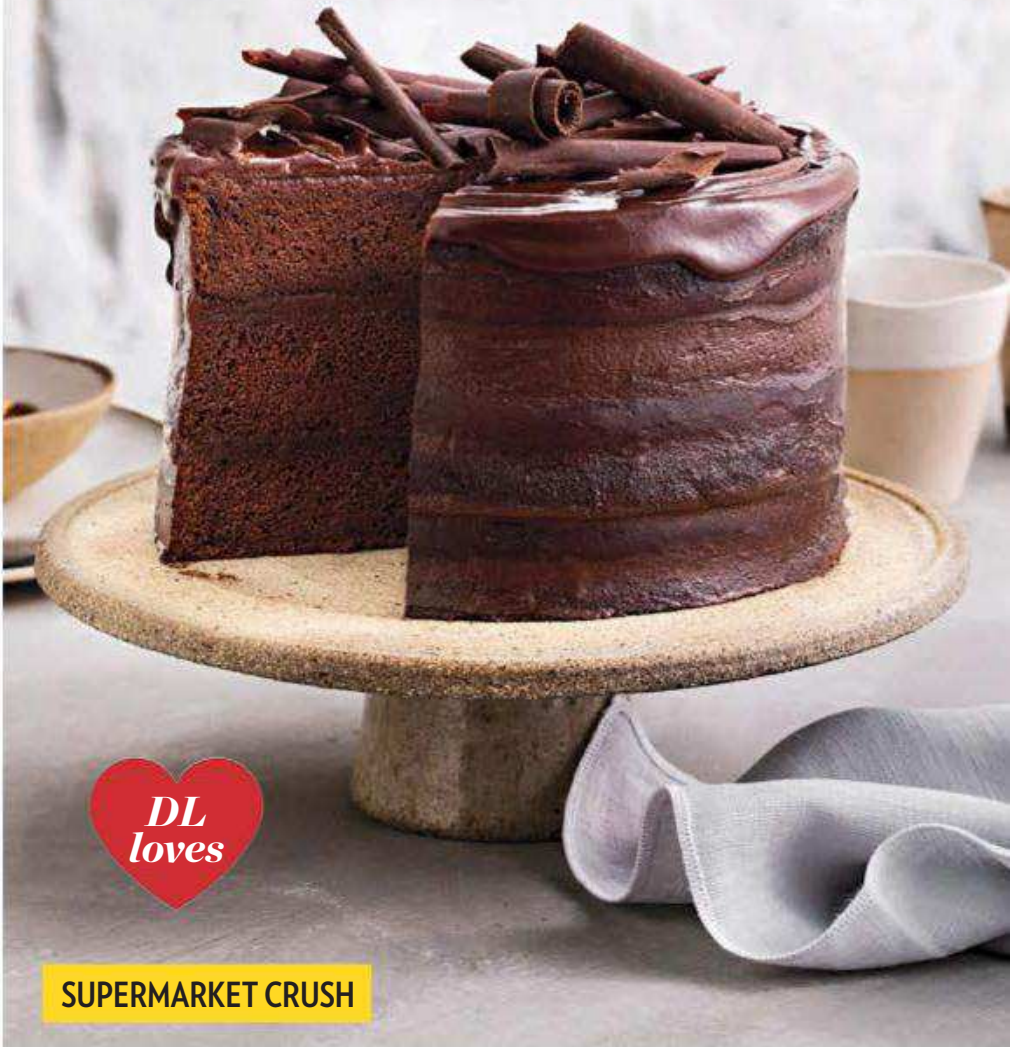
Simple tips and new ideas to help make cooking easy as well as delicious, all from our food editor *Alison Roberts*

HEALTHY EATING MADE EASY

The Wiltshire Eat Smart range is here to help make the cooking part of your day a little bit easier. Each utensil is designed with multi-functionality and healthy portions in mind. Range highlights include the Veggie Scoop which doubles as a strainer and also holds approximately 1 cup of vegetables. There are 10 cooking utensils to choose from. When measuring foods containing carbohydrates, remember to consider your own individual requirements to best manage blood glucose levels. Available in Woolworths and Big W, \$9 each.



All you need is love. But a little chocolate now and then doesn't hurt.



Take a bite!

Noshu's 99 per cent sugar-free cake mixes are a great option for a special occasion when looking for a healthier alternative to a regular cake, but still with all the taste. They have less carbs than a regular cake, are nut-free

and have a dairy-free option when making up. Available in Vanilla Velvet and Rich Chocolate varieties (with frosting included!). The mix also makes perfect cupcakes. Available in Woolworths nationally in the baking aisle, \$8 each.



KITCHEN TIP

Mix it up

Cauliflower rice is a great low-carb alternative to regular rice, pasta or potatoes and is quick and easy to make. Simply trim cauliflower and cut into small pieces. Place in a food processor (in batches) and process until it resembles rice or couscous. Steamed, microwaved, pan-fried or roasted, it's delicious. You can then toss in chopped fresh herbs and lemon or citrus zest to add an extra flavour kick. If roasting, simply drizzle with a little olive oil and throw in a few spices as well.

If you are short for time, you can even pick up some pre-prepared and ready to go in the fruit and vegetable section of the supermarket. Cauliflower pizza bases are gaining popularity and are a great gluten-free alternative.



DESSERT IDEA

Put 1 small sliced banana in a bowl. Top with 2 Tbsp diet vanilla yoghurt, sprinkle with 1 Tbsp natural muesli and a ¼ cup berries. Serves 1.

PER SERVE 546kJ, protein 4g, total fat 1g (sat. fat 0g), carbs 24g, fibre 4g, sodium 23mg
• Carb exchanges 1½
• GI estimate low

LOW-CARB SNACKS

QUICK TZATZIKI WITH ASPARAGUS SPEARS

Grate 1 small **Lebanese cucumber** and squeeze out all excess moisture. Combined with 90g (⅓ cup) **low-fat Greek-style natural yoghurt**, 1 Tbsp fresh **lemon juice**, 1 crushed **garlic clove**, 1 Tbsp finely chopped **mint** and freshly ground **black pepper**. Serve with 1 bunch **asparagus spears**, trimmed and steamed or microwaved. Serves 2 (as a snack).

PER SERVE 257kJ, protein 5g, total fat 1g (sat. fat 0.5g), carbs 6g, fibre 3g, sodium 62mg • Carb exchanges ½
• GI estimate low • Gluten free • Lower carb GF LC

ZUCCHINI PIZZA BITES

Cut 1 large **zucchini** (210g) into 1½cm-thick slices. Spray with cooking spray and place on a baking tray lined with baking paper. Cook under a grill preheated on medium for 4-5 minutes, turning once or until **zucchini** is almost tender. Spread 2 Tbsp **passata** evenly between the tops of the **zucchini** slices. Sprinkle with 3 Tbsp grated pizza **cheese**. Return to grill and cook for 2 minutes or until the **cheese** melts. Serves 2 (as a snack).

PER SERVE 413kJ, protein 6g, total fat 6g (sat. fat 3g), carbs 3g, fibre 2g, sodium 147mg • Carb exchanges 0
• GI estimate n/a • Gluten free • Lower carb GF LC

SPICED ROASTED CAULIFLOWER BITES

Cut 200g **cauliflower** into small pieces. Toss in a bowl with 1½ tsp **extra virgin olive oil**, 1 tsp **smoked paprika**, 1 tsp **ground coriander**, 1 tsp **ground cumin** and freshly ground **black pepper**. Place in ovenproof dish lined with baking paper. Roast in oven preheated to 190°C (fan-forced) for 20 minutes or until very tender. Serve with wedge of **lime** or **lemon**, to squeeze over. Serves 1. ■

PER SERVE 550kJ, protein 5g, total fat 8g (sat. fat 1g), carbs 6g, fibre 7g, sodium 66mg
• Carb exchanges ½ • GI estimate low
• Gluten free • Lower carb GF LC

Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
				
H ₂ O	Start each day with a glass of water. You should have 6-10 glasses a day			
Breakfast	Basil scramble with wilted spinach and tomatoes (page 25)	Breakfast doesn't need to be elaborate or complicated. For a quick, but nutritious, mid-week option, have a look at our review of breakfast cereals on page 80. Choose an appropriate serving size to meet your individual needs 		
Optional snack	1 piece fresh fruit	1 slice grain toast with 1 small banana, sliced	Fruit and seed yoghurt (page 69)	Spiced almonds (page 68)
Lunch	Veggie crunch wrap (page 30) 	Creamy tomato soup (page 37) and 1 piece fresh fruit	Black bean tostadas (page 28) 	Curry chicken salad lettuce wraps (page 29)
Optional snack	160g tube Vanilla YoPro and 1 fresh date	Coconut-roasted edamame (page 69)	Pita pocket (page 69)	1 slice grain toast with 1 Tbsp 100% fruit jam
Dinner	Mediterranean salmon fillet with wild rice salad (page 51) <i>Pictured above</i>	Creamy chicken and asparagus braise (page 55) <i>Pictured above</i>	Meatballs with zucchini noodles (page 60) <i>Pictured above</i>	Sweet potato jackets with guacamole and kidney beans (page 58) <i>Pictured above</i>
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	Chocolate orange cups (page 77) 	1 cup warm low-fat custard and 100g strawberries	5 slices canned peaches and ½ cup low-fat custard	1 cup fruit salad
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

it's easy!

THURSDAY	FRIDAY	SATURDAY
		
depending on your exercise levels		
and serve with either skim milk or low-fat/diet yoghurt for a complete and nutritious meal.* 		Almond crêpes with avocado and nectarine (page 27)
Apple crunch (page 69)	1 cup fresh fruit salad and 200g diet yoghurt	Egg & soldiers (page 69)
Beet, orange and red onion salad (page 31)	Chicken pho (page 37) and 1 small piece fruit	Salmon chowder (page 39)
2 fresh dates	Chilli avocado (page 69) 	Sweet potato fries (page 69)
Moroccan vegetable soup (page 58) <i>Pictured above</i>	Smoked paprika paella with cod & peas (page 60) <i>Pictured above</i>	Sweet and spicy edamame beef stir-fry (page 41) <i>Pictured above</i>
have a couple of alcohol-free days a week		
1 cup warm skim milk with 2 tsp Milo 	Chocolate banana ice-cream (page 69)	Chocolate banana ice-cream (page 69)
Always discuss your exercise plans with your doctor first		

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.

* See an Accredited Practising Dietitian for more information on choosing serving sizes and carbohydrate portions to meet your individual needs.



GO nuts

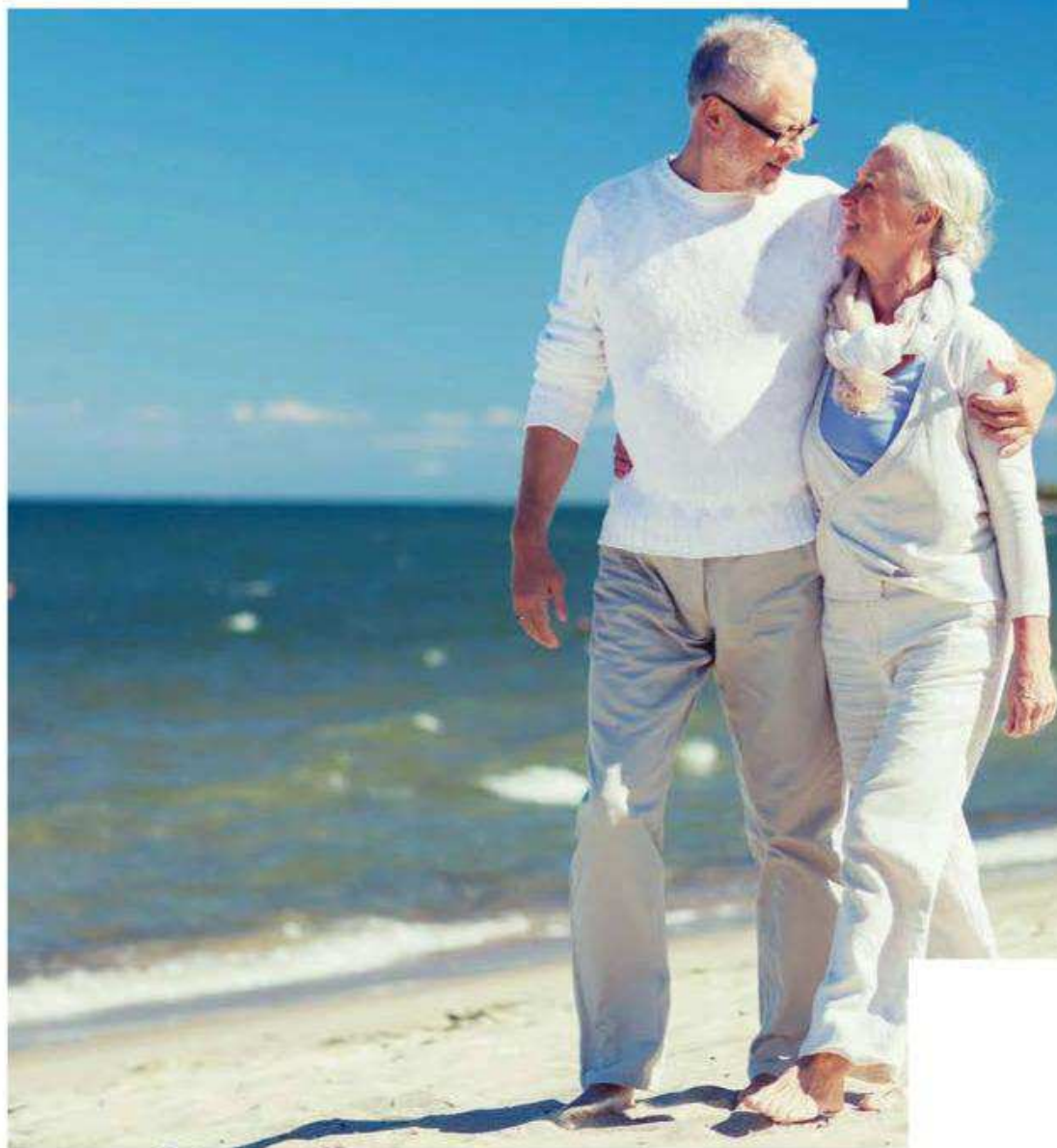
Did you know that eating a handful of nuts (about 30g) a day can reduce your risk of developing type 2 diabetes and heart disease, and it has been shown to help with weight management.

Nuts are a rich source of nutrients, healthy monounsaturated and polyunsaturated fats and fibre; and can lower the glycaemic index of a meal, which can help with managing blood glucose levels.

While nuts are a healthy option to snack on or to add to main meals, it's important to always choose those that are unsalted and either raw or roasted without added fats and sugars.

Also, since they are high in healthy fats, they are also high in kilojoules, so best to keep your portion to about 30g per day (¼ cup), as too much of a good thing can contribute to weight gain.

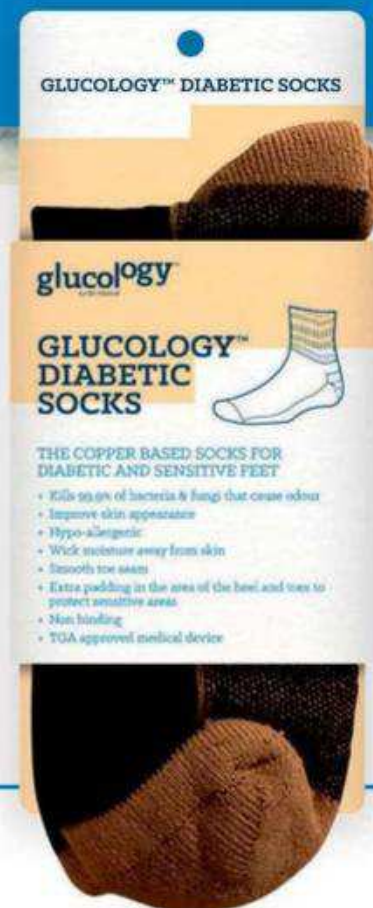
There are no hard and fast rules on which nuts are the most nutritious, so feel free to choose your favourite or hedge your bets and go for mixed varieties. Try adding nuts to your favourite salads or stir-fries, crumbling over fruit and yoghurt, or keeping on hand for a healthy snack on the run. ■



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living well

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

*Those who don't
believe in magic
will never find it*

– Roald Dahl

PHOTOGRAPHY GETTY IMAGES

5 TYPES OF *diabetes*

COULD THIS BE THE BEGINNING OF SOMETHING BIG?

» Across the world, there are currently about 425 million people living with diabetes, all of whom have either type 1 – an auto-immune condition – or type 2, affected by a combination of genetics and lifestyle factors (for more details on each, see page 9). However, a new study published in *The Lancet Diabetes & Endocrinology* reveals that diabetes is much more complex than once thought.

Predicting the risk of serious complications and suitable treatment suggestions, the discovery of five types of diabetes – instead of two – was identified by a study

conducted by Lund University Diabetes Centre in Sweden and the Institute for Molecular Medicine Finland.

Researchers studied an array of measurements, including insulin resistance, blood glucose levels and age at onset of illness, in almost 15,000 patients across the two Nordic countries.

“This is the first step towards personalised treatment of diabetes,” says Leif Groop, physician and professor of Diabetes and Endocrinology at Lund University in Sweden.

Through the identification of five clusters, researchers found that type 2 could be

separated into four categories, with significantly different characteristics and complication risks; all of which could help health care teams to provide better treatment options for patients in the future.

“The most insulin-resistant patients [Group 3] have the most to gain from the new diagnostics as they are the ones who are currently most incorrectly treated,” says Prof Groop.

Although this discovery could cause a shift in how diabetes is viewed and treated in the future, the study is currently solely based on people from Sweden and Finland, and will take some



time before the findings will affect how people with diabetes are treated on a broader scale.

“The longer the study is running, the more and better data we’ll get,” says Emma Ahlqvist, associate professor at Lund University.

Researchers have several studies underway based on the data already acquired, and plan on launching similar studies focusing on different ethnicities in countries such as India and China.

“This will give us even better opportunities to tailor the treatment to each individual,” says Ahlqvist. ■



**Current
diagnostics and
classification of
diabetes are
insufficient and
unable to predict
future complications
or choice of
treatment**

– Leif Groop

The discovery

* **GROUP 1: SAID** **(severe autoimmune diabetes)**

Broadly the same as the traditional type 1 diabetes and LADA (latent autoimmune diabetes in adults). Typically characterised by the onset of diabetes at a young age, in addition to poor metabolic control, the presence of glutamic acid decarboxylase (GAD) antibodies and impaired insulin production. This group is also at high risk of complications.

* **GROUP 2: SIDD** **(severe insulin-deficient diabetes)**

Similar to Group 1 – however, there is no evidence of antibodies attacking the individual’s pancreas – SIDD is characterised by high HbA1c, impaired insulin secretion and a moderate level of insulin resistance. This group is also at high risk of complications, with the highest incidence of retinopathy (eye problems).

* **GROUP 3: SIRD** **(severe insulin-resistant diabetes)**

People who fall into SIRD are unable to make enough of, or their body does not respond well to, insulin. Characterised by obesity and severe insulin resistance, this group has the highest incidence of kidney disease.

* **GROUP 4: MOD** **(mild obesity-related diabetes)**

This group mainly consists of people who were very overweight or obese. MOD is similar to Group 3, except less likely to experience serious complications.

* **GROUP 5: MARD** **(mild age-related diabetes)**

Primarily consists of people who developed diabetes after the age of 65, and have a milder form of disease with a lower risk of developing some complications.



DO WE NEED MORE THAN 7-a-day?

What is the best way to get all the fruit and veg we need? Read on...

▶▶ Eating a variety of fruit and veg is one of the surest ways to get all the vitamins, minerals, fibre and plant chemicals that help to lower our risk of disease. Yet less than 7 per cent of Australians eat the recommended five serves of vegetables and only one in two of us eat the recommended two serves of fruit a day; and many are confused about what 'counts'. If you feel the same, our chart opposite will help.

Is seven serves enough?

In Australia, we've long been advised to eat at least five serves of veg and two serves of fruit daily, but some experts argue that's simply not enough. In reality, this represents the minimum required for good health, and it's best to aim for 7-10 serves a day. (A serve for adults is approximately 75g of veg, 150g of fresh fruit and, occasionally, 30g of dried fruit.)

Another consideration is that the fruit and veg on offer may be less nutritious than it once was. This is due to intensive farming methods, changes in soil conditions, new crop

varieties (which yield larger produce that needs less time to ripen on the plant), increased transport distances, storage times and our tendency to eat out of season.

What are the benefits?

- **Boost your bone health** with sources of calcium – broccoli and dark-green leafy veg such as kale.
- **Beat high blood pressure** with celery, tomatoes and spinach – all potassium rich.
- **Promote heart health** by eating avocado, a source of healthy monounsaturated fats and soluble fibre.
- **Cut colds** with vitamin C: top sources are kiwi, strawberries, citrus fruit and capsicums.
- **Fight hunger** with low-energy, high-fibre fruit and veg; they keep you fuller for longer.

Variety is key

Australia's favourite fruit is now the banana, closely followed by apples and citrus fruit; while potatoes and carrots are high on our list of favourite vegetables. Good news, as these are valuable

sources of nutrients and fibre. But it is important to eat all the colours of the rainbow to ensure we get a good mix of vitamins, minerals and plant chemicals.

Best eaten together

- **Avocado & tomatoes** Heart-healthy fats in avocado help you absorb protective plant nutrients, such as lycopene in tomatoes.
 - **Spinach & citrus** You'll absorb the iron in spinach more easily if you combine it with vitamin-C-rich fruit or veg, such as orange, lemon or capsicums.
 - **Green leafy veg & chickpeas** Leafy greens are rich in magnesium, needed for energy and heart health. Combine with beans or pulses – they supply vitamin B6, which helps up magnesium intake.
 - **Broad beans & parsley** Beans are a good source of catechins, plant compounds thought to protect against heart disease and cancer. The vitamin C in parsley helps our bodies to absorb catechins more easily.
- 



Raw, cooked or peeled – what’s best?

Some fruit and veg is best eaten raw – but with other produce, our bodies absorb more of certain nutrients after light cooking. However, fruit and veg always offers important benefits like fibre, no matter how you choose to eat it.

FRUIT & VEG	KEY NUTRITIONAL BENEFIT	HOW TO COOK & EAT
Carrots 	Betacarotene – essential for healthy skin and good eye health.	Cooking them helps us access betacarotene. (Raw carrots still have some, plus potassium and fibre.)
Tomatoes 	Lycopene – heart healthy; may help protect our cells from damage such as cancer.	Slow-roast or pan-cook in a little oil.
Garlic 	Allicin – helps to support your circulatory system; helps to manage cholesterol levels.	Raw is best! Or chop or crush 10 minutes before use and add at the end of cooking.
Broccoli/cauliflower 	Glucosinolates – potent compounds that may help to protect us against damage such as cancer.	Raw, as their activity is reduced on heating; but light steaming helps us to access protective carotenoids.
Apples/pears 	Pectin – a soluble fibre that helps to manage cholesterol.	Just as good raw or cooked – but keep the skin on, as most nutrients are found just beneath it.

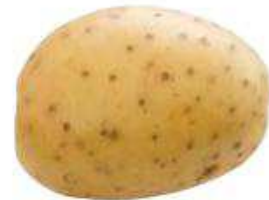
WHAT COUNTS AND WHY

- **Canned, frozen, dried and fresh fruit and veg all count**
They all contribute vitamins, minerals and fibre. A variety is always best, so aim for a rainbow of colours.
- **Legumes, beans and pulses**
They’re a great source of fibre and plant proteins, ½ cup is considered one serve of veg.
- **A 125ml glass of 100 per cent unsweetened fruit juice counts as one serve of fruit**, but recommended only occasionally. Juice contributes vitamins, but none of the valuable fibre found in the whole fruit or vegetables. Fruit juice is also high in natural sugars.
- **Fruit and vegetables in convenience foods do count**
But beware – these products may be high in fat, salt and sugar, so check the label. ➤



Hit your target

Your handy guide to portion sizes

5 FRESH ASPARAGUS SPEARS 	½ AVOCADO 	1 MEDIUM BANANA 	3 HEAPED TBSP LEGUMES, SUCH AS CHICKPEAS, LENTILS AND BAKED BEANS 	5 SLICES BEETROOT OR 3 BABY BEETROOTS 
4 BROCCOLI FLORETS 	4 BRUSSELS SPROUTS 	⅙ SMALL CABBAGE 	5 CAULIFLOWER FLORETS 	2 MANDARINS 
½ MEDIUM ZUCCHINI 	½ SMALL LEBANESE CUCUMBER 	1 CUP KALE OR ROCKET 	4 DRIED APRICOT HALVES 	1 CUP GRAPES 
1 MEDIUM TOMATO 	1 MEDIUM ONION 	1 CUP CHOPPED ROCKMELON 	1 CUP CHOPPED WATERMELON 	½ CUP FRESH OR FROZEN PEAS 
3 RINGS CANNED PINEAPPLE 	2 HALVES OR 7 SLICES CANNED PEACHES 	2 PLUMS 	1 CUP OF SPINACH OR LETTUCE 	10 FRESH STRAWBERRIES 
1 ORANGE 	½ MEDIUM POTATO 	1 HEAPED TBSP TOMATO PUREE 	1 MEDIUM APPLE 	14 SMALL BUTTON MUSHROOMS 



get more FROM YOUR *food*

How you prepare and cook your food can make all the difference. This is how to get the most from your ingredients ...

Eat raw

Some vegetables are more beneficial eaten raw, including broccoli and watercress, as heat reduces the potency of helpful natural compounds.

To peel or not to peel?

Don't automatically reach for the peeler. Eggplant skin is rich in protective anthocyanins – the same beneficial compounds found in blueberries – while cucumber skin is packed with silica, essential for healthy hair and nails. Similarly, the skins of zucchinis are a useful source of lutein and zeaxanthin, which promote healthy eyes. If you plan to eat unpeeled veg, always wash them well beforehand.

Choose frozen

At certain times of the year, frozen fruit and veg – which are frozen as soon as they are picked – will contain more beneficial nutrients than fresh produce, which has been transported and stored, causing it to lose valuable nutrients.

Don't be afraid of fat

Fat can help us absorb certain nutrients. For example, by adding oil to vegetables you'll increase your absorption of betacarotene, which is converted into vitamin A – good for healthy skin. Enjoy a spinach salad with vinaigrette dressing, and vine tomatoes drizzled with olive oil.

Get more from garlic

To get the most from the healthy compound allicin, chop or slice garlic 10 minutes before you need it, and add to the dish shortly before the end of cooking. If heated for too long, the health benefits are reduced.

4 *Steps to mindful eating*

Research has shown that eating mindfully improves digestion, regulates appetite and helps us enjoy food more. Try these tips for a mindful approach to food.

1 Eat when your body tells you to

When you feel hungry, become aware of your body and the messages it is giving you.

Learning to accept and tolerate a degree of hunger stops us from knee-jerk reactions and eating something we don't really need. Stopping to read your 'hunger' will help you understand it – are you really hungry for food?

2 Choose thoughtfully

Be more aware of why you eat what you do. Consider what different foods will do for you, what they're made of, how they're prepared, how they look, smell and taste, as well as their cost. Be aware the choice is yours, and what thoughts or feelings arise from each option.

3 Prepare with care

Take time to consider your food as you get ready to cook. How are you going to make it? How will you eat it? Aim to eat only while sitting at the table with all distractions switched off.

4 Finally, enjoy the experience

It doesn't matter where you are or what you're eating – notice textures, sounds, smells and what the food looks like on the plate. When you take a bite, notice the temperature, the mouth-feel and the different flavours coming into play. ■



Time for *change*

Lack of community education and information about type 2 is leading to discrimination, writes Sherl Westlund, a director of Diabetes Research WA

TYPE 2

▶▶ An estimated 1 million Australian adults (that's 1 in 20 of us) were living with type 2 diabetes in 2014–15. And globally, according to the International Diabetes Federation, it's estimated 425 million people had diabetes in 2017, and this figure is expected to increase to 693 million by 2040. With the cost of all forms of diabetes in Australia estimated at \$14.6 billion each year, it's clearly in everyone's best interests to find an effective solution to stopping the soaring rates of type 2 diabetes.

The discrimination that exists against people with type 2 diabetes relates to the belief that it is solely linked to obesity and lifestyle issues brought about by an unhealthy diet and lack of exercise. It's because of this that many in the community believe the solution is as simple as telling people with diabetes to lose weight and get fit. This approach essentially blames those with the condition for creating their own situation – and leaves them feeling unfairly judged and powerless.

IGNORANCE LEADS TO SHAME GAME

The recently released Amcal 2018 Diabetes Care Review found that more than a quarter (27 per cent) of Australians surveyed believed diabetes to be a self-inflicted disease and 1 in 7 believed diabetes was largely avoidable through simple lifestyle changes. It also found that 1 in 3 of those with diabetes surveyed said feelings of embarrassment and guilt

for being made to feel they brought the condition on themselves were key reasons they had not spoken out and sought the emotional support they needed.

A recent online poll by Diabetes Research WA also found that 3 out of 4 respondents felt other people blamed them for causing their own type 2 diabetes.

This issue doesn't affect just those with type 2 either. Those with type 1 diabetes are also often caught up in this discrimination as the bulk of the community struggles to understand that type 1 and type 2 are distinct conditions with different risk factors.

SO WHY IS THE DISCRIMINATION UNFAIR?

Well, for one, the research shows that while some people might be able to avoid developing type 2 diabetes by maintaining a healthy weight and lifestyle, not everyone can. The international diabetes community now believes that around 1 in 3 people probably won't be able to avoid it, even if they make significant lifestyle changes.

Type 2 diabetes is incredibly complex. Research so far tells us it's likely to involve an intricate interaction between genetic and environmental ➤



The cost of all forms of diabetes in Australia is estimated at \$14.6 billion each year



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More understanding will help everyone

The issue of diabetes discrimination needs to be dealt with urgently for two reasons – the first being that those with diabetes do not need the added burden of shame and blame; they typically have enough on their plate just managing their condition. As the 2018 Diabetes Care Review found, nearly half (45 per cent) often felt ‘down’ or ‘depressed’ and nearly 1 in 3 ‘lonely’ or ‘socially isolated’ because of their diabetes. The second reason this issue needs to be addressed is that if the community’s thinking doesn’t change there’s a danger that not enough will be done to assist those at risk of developing type 2 diabetes both now and in the future.

factors, which is why even people at normal weight with a healthy lifestyle can be at risk. Studies have shown, for example, that a short period of moderate or severe under-nutrition during development after birth can increase type 2 diabetes risk in adulthood, that people perceive hunger differently, and that inflammatory lung disease can be a risk factor for type 2 diabetes.

There is also much evidence to show that type 2 diabetes has a strong genetic basis. Research shows having one parent with diabetes increases the risk of developing type 2 by up to 40 per cent, and having both parents with it increases the risk by 70 per cent. Even having a sibling with it raises a person’s risk considerably.

While there is a lifestyle component to this, it is believed shared genetic factors are also a contributor.

Although it is incredibly important to keep assisting and reminding people to live a healthy lifestyle, as it can help

many people, the above few examples demonstrate why telling people to change their lifestyle should not be the only strategy. It also emphasises why further research is critical if we are to uncover how to prevent all type 2 cases.

BETTER ACCESS TO FRESH FOOD NEEDED

Even when considering the 68 per cent of cases it is believed could be prevented by maintaining a healthy body weight and exercising, the challenges many people face in doing this are undeniably large. In this modern

world, there are so many hurdles that can make staying healthy extremely difficult. Issues include longer working hours, the affordability and availability of fresh food

in some areas, incredibly savvy and often underhand fast-food marketing campaigns, a lack of structured nutrition education in schools, emotional issues that can cause overeating, and many

more. All of these issues need to be addressed to help tackle the difficulty some people have in maintaining a healthy lifestyle.

STOP THE BLAME AND SHAME GAME

For all these reasons, the discrimination that is directed at people with diabetes is misguided – and it has to stop. It has to stop because of the negative impact it is having on those people who are the targets and it has to stop so that the focus can be put on prevention and further our understanding of the condition and linked issues, rather than blame.

There is so much that needs to be done immediately to help tackle rising rates of type 2 – including designing healthier communities that make exercising easier and safer, tightening regulations relating to junk-food marketing, supporting our young kids to learn about nutrition, recognising obesity as a medical condition, and ensuring affordable access to fresh fruit and vegetables. There’s no time for discrimination, there is work to be done. ■

Learn More
Are you ashamed of your diabetes, or afraid of what others might say about it? Turn to page 116 to read Ilene’s story.

need to know

LOOK AFTER YOUR LIVER

Watching your weight, eating well and taking regular exercise can help prevent this disease

▶▶ **Nonalcoholic fatty liver disease (NAFLD)** is a close cousin of type 2 diabetes. If you have one of these conditions, you won't automatically have the other, but you're at higher risk. NAFLD also runs in families.

What's involved?

With NAFLD, fat builds up in the liver to unhealthy levels. Over time, as the liver swells with fat, scars develop and liver function declines. NAFLD is different from fatty liver, which occurs from drinking too much alcohol.

Risk factors for NAFLD overlap those for type 2 diabetes. Both are more likely if you're overweight and have excess belly fat, insulin resistance, unhealthy triglyceride and cholesterol levels, and high blood pressure. NAFLD may start before diabetes.

PROTECT YOUR LIVER

- Keep HbA1c below 7 per cent
- Attain healthy cholesterol and triglyceride levels
- Limit intake of sugar and other refined carbs (which can raise triglycerides)
- Eat healthy fats: omega-3s in fish, extra virgin olive oil, avocados and nuts
- Limit alcohol
- Don't smoke



Having both type 2 and NAFLD increases risk of **diabetes complications.**

Signs and symptoms

NAFLD can be a silent disease. Symptoms might include discomfort in the upper right side of your abdomen, fatigue and indigestion. A blood test showing elevated liver enzymes might be due to NAFLD. Imaging tests are also used to help diagnose it. People with diabetes aren't automatically screened for NAFLD, but some experts think they should be as NAFLD tends to progress more rapidly in them. A liver biopsy may be used to determine that.

Treatment

To prevent or manage NAFLD, follow a healthy eating plan, control your weight and exercise most days of the week, including cardio and strength training. If you're overweight, gradually losing 5-10 per cent of your weight can improve fatty liver. ■

New to type 2?

Newly diagnosed and feeling overwhelmed? Check out these

▶▶ **Keep in Mind: You're Among Millions**

Today, according to Diabetes Australia, 1.7 million Australians live with diabetes. Around the world, according to the International Diabetes Federation, there are over 427 million adults (20-79 years) with diabetes, with an expected rise to over 600 million by 2045. So you're not alone! And with millions of people dealing with diabetes and more health experts searching for ways to improve care, it's constantly in the news. Read reliable sources for accurate, science-based information and be cautious of false promises, quick fixes and magic potions that advertise 'diabetes cures'.

Celebrate the Robust Amount of Research

Two realities fuel the flames of interest in and funding for diabetes research: the epidemics of obesity and type 2, and the

increase in people diagnosed with type 1. For-profit businesses and non-profit diabetes-related associations are working hard to get the latest developments to market. This includes both finding cures in the distant future and zeroing in on new treatments and technologies around the corner. Promising technologies



These new medications are aiming for less-frequent dosing

– including making glucose monitoring and tracking easier and quicker and insulin-delivery devices simpler to use and carry – are not far off. More new medications to lower and control blood glucose levels and delay the complications of diabetes are being developed than ever before. These new medications are aiming

for less-frequent dosing, minimising hypoglycaemia and assisting with weight loss.

Make Small Changes for BIG Rewards

There is no need to hit the pavement running or go on a

rigid, unattainable diet to manage your diabetes. Research shows that a key to controlling type 2 diabetes in the early stages is to lose 5-7 per cent of your body weight and keeping those kilos at bay for years to come. In fact, losing just a few kilos, eating healthier and walking a few times a week can cause blood glucose to plummet if you've caught type 2 early enough. Losing a few kilos can also lower blood pressure, improve blood lipids (cholesterol), and help a host of other health problems, such as sleep apnoea. Weight loss after years of having type 2 might not be as impactful on your glucose levels, but healthy eating and exercise are always important for your health.

Partner with Your Provider

Diabetes is a 24/7/365 disease that requires continual treatment adjustments over the years. While you need to stay in the driver's seat for your day-to-day management, you'll want a health care provider who will work with you as a partner in your efforts. Your provider should constantly

Stay *positive*

helpful ideas for learning to manage your diabetes care

strive to help you fine-tune your treatment to achieve your blood glucose, cholesterol and blood-pressure goals. Search out a knowledgeable and up-to-date provider, one who knows and uses new medications, technologies and behaviour-change strategies. Make sure your provider knows the Best Practice Guidelines of Australia and orders the tests and checks that you need to prevent or detect diabetes complications.

Find a Diabetes Educator

Why do you need to work with a diabetes educator? They can help you learn about diabetes and specifically about *your* diabetes. They can help you set goals for behaviour change, understand the meaning of your blood glucose results and advocate for you with your other providers. Maybe most important of all, your diabetes educator can serve as your cheerleader or shoulder to cry on.

The most common place to find a diabetes educator or a diabetes education program is in hospital-based programs or in your

primary care provider's practice.

Ask your provider for a referral for diabetes education.

Seek Out Support – Globally & Locally

With millions of people around the globe dealing with diabetes every day, social media and networking among people with diabetes and caregivers (such as parents) has exploded. The virtual arms of a warm and inviting diabetes online community are ready to welcome you. Here are a few options to check out:

Are you on Twitter? Use the hashtag #dsma and you'll find yourself engaged with many enthusiastic members of the diabetes online community (#doc). Not ready to dive into the Twitter chat? You may just want to read other people's tweets before writing your own. If so, search on Twitter for the ➤



management

hashtags #diabetes, #doc, and #dsma. You'll find plenty of diabetes-related tweets.

Maybe you want to check out a few diabetes blogs or find just one that speaks to your immediate interest, situation, or type of diabetes. They are all different. To get started, check out this month's blogs on page 11.

Social media not your thing? Ask your diabetes educator if there is a diabetes support group in your area.

Connect with Another

With diabetes being so common, it's not hard to find other people with the condition. Look for opportunities to connect with those who successfully manage their diabetes, live a similar lifestyle to yours and are willing to share. Ask to chat, go for a walk or meet for coffee. Gather information about how they deal with situations you struggle with every day, or even only once in a while. Get practical tips for your daily to-do list, such as taking medications, checking glucose levels and more. Help someone else who is struggling. Form one or more supportive partnerships. There is strength in numbers!

Take Action to Get More Active

The benefits of being physically active cannot be overemphasised – especially for people newly



diagnosed with type 2. Being more active includes getting about 30 minutes of physical activity as many days a week as you can. It also means limiting the amount of time you sit on the sofa or at a desk. Get up and walk around to stretch your legs and get your blood moving.

Moving more offers you all the general benefits of physical activity and being fit, including better sleep, more energy, greater agility and healthier skin. Add these to the exercise benefits for people with type 2: keeping off lost weight, healthier cholesterol and heart, lower blood glucose levels and improved insulin sensitivity that allows your body to make better use of the insulin it continues to make. Suffice it to say, exercise is medicine!

Chart and Check Your Progress

Taking care of diabetes calls for careful charting and tracking.

And it takes time and energy to chart what you eat, the medications you take, your glucose results and physical activity. But seeing the fruits of your labour over time can be rewarding and motivating.

Today there is a range of charting tools available to you. They include everything from paper and pencil to mobile and online apps and glucose-monitoring devices that download from your meter or smartphone. You'll want to track your day-to-day data as well as the results of your quarterly and annual tests and checks. Give yourself a pat on the back for each of your successes!

Heed the Wake-Up Call for Healthy Living

Most people with newly diagnosed type 2 carry around extra weight. And they either have heart disease or are at risk of it, along with other weight-related health problems. The good news is that the same actions that can lower or control your blood sugar can also help you lose weight, improve cholesterol, lower blood pressure, and more. Yes, a package deal!

Take a deep breath. Look at your diagnosis of type 2 as a wake-up call. Relish this opportunity to make changes in your lifestyle to improve your health for today and many healthy tomorrows. ■

what's your SECRET POWER?

Ask yourself these five questions – and rediscover your *passion*

▶▶ When was the last time you thought about who you are and what you really want? Passions give our lives meaning and remind us we're more than our to-do list. Reconnect with what ignites you by jotting down the answers to these questions.

1 What was I like as a child?

Were you a leader, an inventor, listener, organiser, nurturer? You're the same person now. If you struggle with this question, ask a relative what they remember most about you. When I was a kid I was obsessed with reading non-fiction, writing and elevating the mood of people around me – basically my career now! If you could talk to your 10-year-old self, what might they encourage you to rediscover?

2 Which topic can I talk about for hours on end?

Perhaps it's food, fashion, art, fitness or politics. What you love discussing deeply is a solid indicator of what makes you feel vibrant, connected and energised.

3 My best friend would say I am awesome at...

Consider what people seek you out for and the problems you help solve. Not only is this an area where you'll feel

confident, but it might also be a moneymaker. Be it résumé writing, matchmaking or teaching a fitness class, your natural strengths can become gratifying and profitable.

4 What hobbies do I fit in, even when there's no time?

When you're meant to be polishing a work presentation or folding laundry and get distracted, what are you doing instead? An accountant client of mine creates beauty products in her kitchen using organic ingredients. I've been a beneficiary, receiving dry shampoo, a face mask and body scrub. I always smile when my phone buzzes with a text announcing, "Your next sample's ready, Susie! Now back to finances." Explore your go-to hobby.

5 Is there something you say you'll do one day?

If money and time were no issue, what would you be pursuing? What have you promised yourself you'll explore in the future: writing a novel, planning events, kick-starting a jewellery business? ■

You will be surprised at the answers!

take control of PRE-DIABETES

Here's a handy to-do list, backed by the latest research, to keep yourself healthy now and avoid complications later

▶▶ If your healthcare provider tells you that you have pre-diabetes, consider yourself lucky. Why? Because you likely have a provider who realises that the earlier you take action, the better chance you have at preventing type 2 diabetes or delaying its progression.

Changing the path to type 2

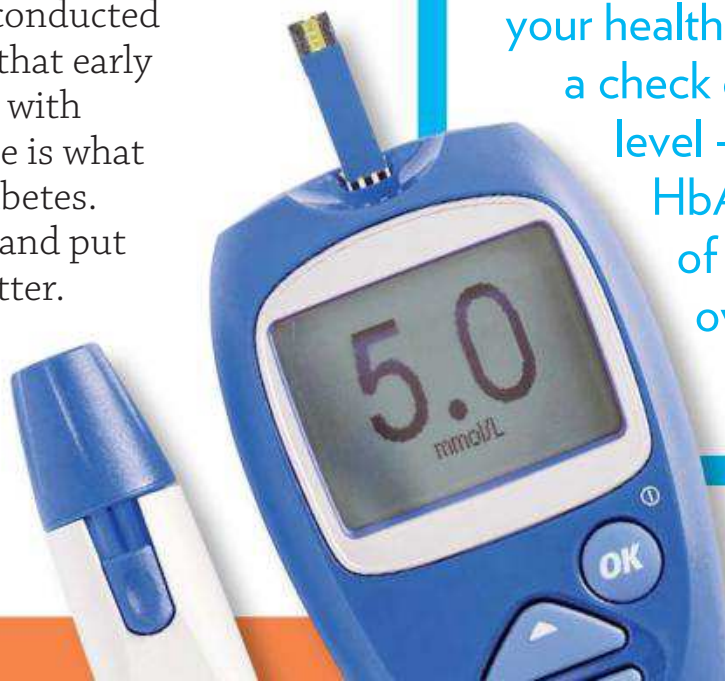
According to Diabetes Australia and the National Diabetes Services Scheme (NDSS), pre-diabetes affects about 16 per cent of Australian adults. The Baker Heart and Diabetes Institute confirms that nearly 1 in 6 adults (more than 2 million individuals) over the age of 25 are living with pre-diabetes. However, evidence shows type 2 can be prevented in up to 58 per cent of the population living with pre-diabetes through exercising and eating well.

Are you or someone you love at risk of pre-diabetes?

The good news is you can prevent or slow the progression of pre-diabetes to type 2. Numerous research studies conducted over the past 30 years show that early and aggressive management with continued vigilance over time is what prevents or delays type 2 diabetes. And the earlier you detect it and put your plan into action, the better. Here are eight ways to manage pre-diabetes.

I *Get tested*

Do you have family – parents or siblings – with pre-diabetes or type 2 diabetes? Are you carrying extra weight around your middle? Don't get enough exercise? These are a few of the risk factors for pre-diabetes. A good first step to see if you are at high risk is to use the Diabetes Australia Risk Calculator. You can take the test by visiting diabetesaustralia.com.au/risk-calculator. If you're at high risk, schedule an appointment with your health care provider to get a check of your blood glucose level – or, better yet, your HbA1c results (an average of your blood glucose over 2-3 months).



2 Be more active

For starters, think about how you can fit more physical activity into your daily life. Can you take the stairs more often? Park farther from destinations? Get off the bus/train one stop earlier and walk the rest of the way? Even consider longer routes in your home, office, school, and other places you frequent to burn a few more calories. Make a list and try them out. Also, decrease the amount of time you sit, whether on a sofa or at a desk or table. Research is showing that minimising sedentary behaviour is good for your metabolic health.

3 Max out insulin-making reserves

It's well known that at the centre of the storm of the slow and steady onset of pre-diabetes is insulin resistance – the body's inability, due to excess weight and genetic risk factors, to effectively use the insulin the body makes.

Along with insulin resistance, the body also has an ever-so-slowly dwindling supply of insulin. Research shows that both insulin resistance and decreased insulin-making capacity start well before the diagnosis of pre-diabetes and years before the onset of type 2. It seems that some people's bodies can continue to make as much insulin as

they need, while others cannot. A key to treating pre-diabetes is to put this insulin resistance in reverse and maximise your body's insulin sensitivity by losing weight or maintaining a healthy weight and being physically active. Studies show that just 30 minutes of daily activity, such as walking, can really help.



4 Trim the kilos and keep them off

Research shows that losing weight, even just 4-10 kilograms, can accomplish near-miraculous health benefits: lower blood glucose (also known as blood sugar) levels, reduced blood pressure, improved cholesterol, increased energy, improved sleep quality (and decrease in sleep apnoea), decreased pressure on joints, and even decreased risk of certain cancers, such as breast and colon cancer. To continue to enjoy these health benefits, it's important to maintain as much of your weight loss as possible. ➤



5 *Resistance training*

Resistance training means contracting your muscles against an opposing force by generating resistance. The goal? To make your muscles stronger and fight muscle loss from ageing. The push for resistance training for people with pre-diabetes is to improve insulin sensitivity and, in turn, lower blood glucose levels. Couple resistance training two or three times a week with regular aerobic activity. It's ideal to get about 30 minutes of aerobic activity nearly every day. This can decrease insulin resistance, lower blood pressure and improve cholesterol more so than resistance training alone.



6 *Practise portion control*

When it comes to tapering your calorie count, the first place to look is the size of your food portions. To change long-term eating habits, it's best to make small changes rather than trying to adopt a rigid eating plan that will be difficult to maintain. If you're like most Aussies, you likely eat too much meat, starchy

foods, breads and sweets, and on top of that you may sip too many high-calorie, low-nutrition sugary drinks. Be aware of how much you eat and try to cut down your portions. Thirty grams less of meat per serving, a quarter cup less potatoes per serving, a smaller sandwich – it adds up. And if you drink sugary beverages, swap them for zero-calorie beverages, such as water, sparkling water, tea, coffee and diet drinks.

7 Fill up on high-fibre foods

To eat enough fibre – 25-30 grams per day – eat fibre-rich whole grains, beans, legumes, fruit and vegetables. Most Australians don't get nearly enough fibre. Think about how you can include more fibre in your diet. Increase all types of dietary fibre: including fibre that offers bulk, such as wheat flour and psyllium, which improves regularity. Also fibre that adds a gel-like quality, such as the beta-glucan in oats and barley, which can help lower blood sugar; and fibre that causes fermentation, such as legumes (beans) and under-ripe bananas, that contains resistant starch, which has been shown to increase insulin sensitivity.

8 Seek support

With 1 in 6 people with pre-diabetes, you are not alone. However, it can feel overwhelming and challenging to change your lifestyle. Get support from your family, friends, co-workers and others who might be going through similar challenges. Do any of these people need to take the same actions you do? Perhaps you can partner up for success. Is there a group of people striving to live a healthier lifestyle at your work? Whether you look online or join your state's

prevention program (below), there are plenty of places you can go to if you're at high risk of diabetes.

- **Victoria** – *Life!* (lifeprogram.org.au)
- **New South Wales** – *Beat It* (diabetesnsw.com.au/beat-it)
- **Queensland** – *My Health For Life* (myhealthforlife.com.au)
- **Western Australia** – *My Healthy Balance* (myhealthybalance.com.au), or *Get on Track* (getontrackchallenge.com.au)
- **Tasmania** – *COACH* (diabetestas.org.au/thecoachprogram)



HOW IS PRE-DIABETES DIAGNOSED?

By testing your BGLs. There are two blood tests that can be used:

- **A fasting blood glucose or a non-fasting random blood glucose** Blood is taken from a vein in your arm. This test may be done fasting (nil by mouth for at least eight hours) or non-fasting. If your BGLs are above the normal range (but not high enough to be diagnosed as diabetes) you will need further testing.

- **An oral glucose tolerance test (OGTT)** You'll have a fasting blood glucose test first. You'll then be given a sugary drink and have your blood checked again two hours later. The results from the OGTT will show whether your BGLs are in the normal, pre-diabetes or diabetes range.

If you have pre-diabetes, you'll have one or both of these conditions:

- **Impaired fasting glucose:** When your fasting BGL is higher than normal, but not high enough to be diagnosed as diabetes.
- **Impaired glucose tolerance:** When your BGL is higher than normal two hours after an OGTT, but not high enough to be diagnosed as diabetes. Your fasting BGL may still be in the normal range. ■

For more information, visit diabetesaustralia.com.au

PROS

Pick up some pointers from healthcare providers and current and former sports stars who live with diabetes

who know



JAMIE CRIPPS

AFL PLAYER (WEST COAST EAGLES): TYPE 1, 8 YEARS

On diabetes and elite sport

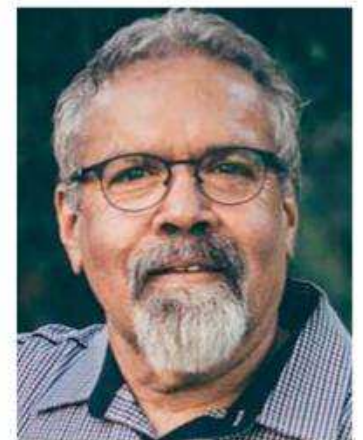
My dad has type 1 diabetes as well, so I learned a bit off my old man. I also called [former player] Nathan Bassett, which was really helpful. But mostly, it's just seeing what works. I feel like I've got a method that works and I've been able to manage it as best I can. If my BGL gets low, or I start to feel like it is, I usually grab some lollies or Gatorade. If I'm at home, often I'll have a bowl of cereal and something more substantial. My body needs sugar quickly, so easy, fast fixes are important.

PROFESSOR SIMON FORREST

ELDER IN RESIDENCE, CURTIN UNIVERSITY: TYPE 2, 23 YEARS

On complications of type 2

Diabetes has contributed to my heart disease, a heart attack at 42 (and more). Many relations and friends have diabetes. Watching three of them have parts of their body amputated (and later die) is a harsh way to reinforce that effective management may keep these complications at bay, for at least a little while longer.



RENZA SCIBILIA

DIABETES CONSUMER ADVOCATE AND WRITER: TYPE 1, 20 YEARS

On finding a healthcare team

Find a team you feel comfortable with. It may take time, but it's important they are on the same page as you. It's critical my team understands I will set the agenda for consultations as I drive my diabetes over 99 per cent of the time. When looking for an endocrinologist, I had things that were important to me: I wanted someone knowledgeable about women's health and who was at the cutting edge of diabetes information, research and technologies.

PROFESSOR JULIANNE REID

ASSOCIATE PROVOST, CURTIN UNIVERSITY: TYPE 1, 45 YEARS

On keeping control

I aim for quality of life and don't let diabetes stop me doing anything. Sometimes it can get tricky to get the 'balance' right, and in these instances frequent monitoring of your BGLs become more important. I do a reasonable amount of travelling and always carry all my insulin with me. One time my back-up supply was in my checked luggage and my luggage



was lost, so I never do this any more. Increasing exercise levels can change your insulin requirements dramatically. When I walked the Inca Trail in Peru, I halved my insulin doses throughout the day as it was challenging and much more exercise than I was used to. I enjoy good food and going to restaurants. I never eat dessert (unless it's fresh fruit) but sometimes it's hard to estimate sugar content, so I adjust my rapid-acting insulin dose to the best of my ability and monitor my glucose levels to check.

PROFESSOR DAVID STORY
CHAIR OF ANAESTHESIA, UNIVERSITY OF MELBOURNE:
TYPE 1, 30 YEARS



On a support network

At the time of diagnosis I was 24, a student doctor and just back from a successful year overseas. I felt like Superman. The diagnosis of diabetes brought me crashing down, particularly lifelong insulin and potential complications. My wife of six months hugged me

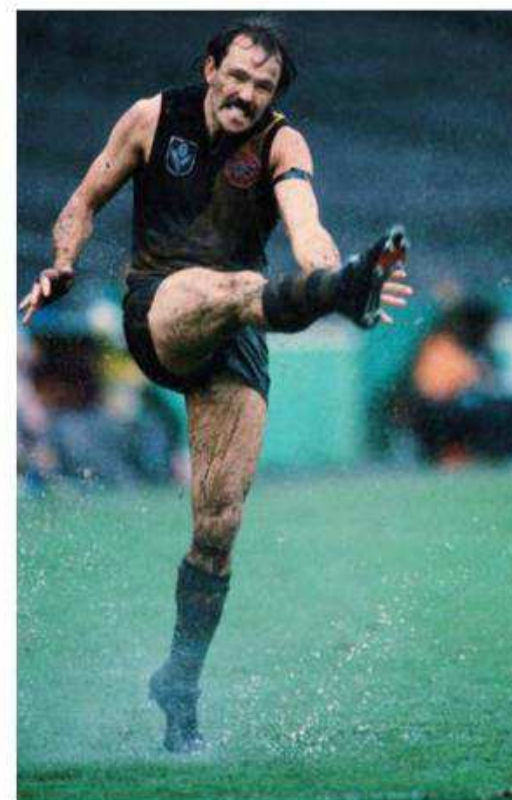
when I cried and helped integrate diabetes care into our lives. Thirty years later, she still supports me without reservation.

That is the key – diabetes has never been something that comes between us, it's part of our shared lives, including the very occasional, "Don't argue and drink this orange juice!" Good control is easier with support. It would be harder if family resented the intrusion of diabetes.

DALE WEIGHTMAN
FORMER AFL PLAYER:
TYPE 1, 35 YEARS

On preparation

Preparation is key to being able to complete training sessions and games at the level you were doing before you became a diabetic. Your diet becomes even more important as different types of exercise will burn up sugar more than others – and insulin intake should vary accordingly to your food intake, so take your blood sugar levels all the time to know how you are going. Make sure you know what type of training is going to be performed for each session so you can organise food accordingly. Most coaches should know what they are going to do on the track in advance.



AILSA MUNNS
MASTER OF NURSING, LECTURER, CURTIN UNIVERSITY:
TYPE 2, 24 YEARS

On staying on track

Get onto looking after yourself straight away – it will not go away. Small meal portions are a great way of helping your diabetes control, as is exercise. If you don't like exercise, investigate the newer exercise regimens of small, concentrated bursts, which are proving very beneficial. Cook diabetic-type meals for the whole family – they will benefit from healthy eating and children will learn positive eating habits. Ensure you have the preventative health checks regularly and on time, for example, eye and feet checks.

ERIN BOYLE
CLINICAL RESEARCH COORDINATOR, BAKER HEART AND DIABETES INSTITUTE: TYPE 1, 40 YEARS

On the early years of diagnosis

Initially I followed exactly what all the professionals were advising me, until I hit the teenage rebellion stage and landed in hospital with diabetic ketoacidosis. That was a wake-up call. I saw a wonderful dietician and educator at the hospital who taught me the importance of balance. One third insulin, one third diet and one third exercise. She was a very positive influence on me and was the first to say: you can do anything you like as long as you keep the balance.



DR KATE MARSH
DIETITIAN AND CREDENTIALLED DIABETES EDUCATOR: TYPE 1, 35 YEARS

On maintaining an active lifestyle

I follow a whole food, plant-based diet and use the Dexcom CGM (continuous glucose monitoring system), which has been a life changer. I use this to keep a constant eye on my blood glucose levels and to adjust

food, activity and insulin doses to try to keep myself in my target range. When I'm working at home, I use a treadmill desk on and off, and try to take regular movement breaks to do strength-training exercises. In my office, my room is upstairs, so I walk up and down them many times a day. I also enjoy walking and spending time in my vegetable garden. ■

There's no doubt about it: getting to and maintaining a healthy weight can help you feel better and stay healthy over time. Losing weight when you have pre-diabetes, or soon after you find out you have type 2, can also help you reach target goals for blood glucose, cholesterol, and blood pressure. We've rounded up some 'do it today' tips to help you lose the weight.

let's get GOING

Looking to lose some weight? Follow these tips to get on the right track and stay there. Ready to start losing?

▶▶ A body of scientific evidence suggests that even a modest amount of weight loss – 5-7 per cent of your starting body weight – can help people with pre-diabetes prevent or delay progression to type 2 diabetes.

This amount of weight loss has also been shown to help people newly diagnosed with type 2 slow the progression of the disease through control of glucose (blood sugar), lipids (cholesterol), and blood pressure. And the longer you can sustain the weight loss, the better. One key to long-term success is to go about losing weight in a healthy way.

Start with Breakfast

One surefire way to ruin your weight-loss efforts is to skip breakfast. People who eat breakfast regularly tend to have a lower risk of weight gain compared with people who skip breakfast.

In addition, starting your days with a healthy breakfast is associated with maintaining weight loss.

“Breakfast-skippers tend to make up for those saved calories by eating more calories later in the day. The net result isn't weight loss. In fact, it may be weight gain,” says Jill Weisenberger, author of





Diabetes Weight Loss (American Diabetes Association, 2012).

When you eat a healthy breakfast, you may have more willpower to resist those midmorning vending-machine raids because your blood glucose levels are more stable and your metabolism responds more favourably.

“Eating a balanced breakfast is a great way to start the day. It says right off the bat, ‘Hey, I’m taking care of myself and I’m starting my day right,’” Weisenberger says.

For a diabetes-friendly breakfast, include servings of whole grains, dairy foods, and fruit, as well as lean protein.

Stay Active to See Results

When you’re trying to lose weight, it’s easy to only focus on counting kilojoules. Although that is what’s most important for losing weight, exercise is also a very important part of a healthy weight-loss plan. Research shows that being physically active is even more crucial to keeping the weight off. When you get enough exercise regularly, you build muscle that burns more energy throughout the day. To get started, turn to page 120.

Have a Healthy Eating Plan

Weight loss has a lot to do with maths – over time, if you

consume fewer kilojoules than your body needs for fuel, you end up with an energy shortfall and weight loss. But studies show that a winning weight-loss strategy includes enjoying all food groups.

A healthy eating plan that contains sufficient energy from nutrient-dense foods can help you feel full and stay full, aiding your weight-loss efforts. “It fuels your exercise, provides nutrients to fight disease, and is a whole lot more interesting, even if it does take more effort to eat a variety of foods,” Weisenberger says. She suggests choosing at least three healthy foods from three food groups at each meal. ►

weight loss

Step on the Scale Regularly

When trying to lose weight, the number on the scale may weigh heavy on your mind. Although it's not true for everyone, many people find that stepping on the scale every day can be discouraging, especially if the result doesn't match your expectation.

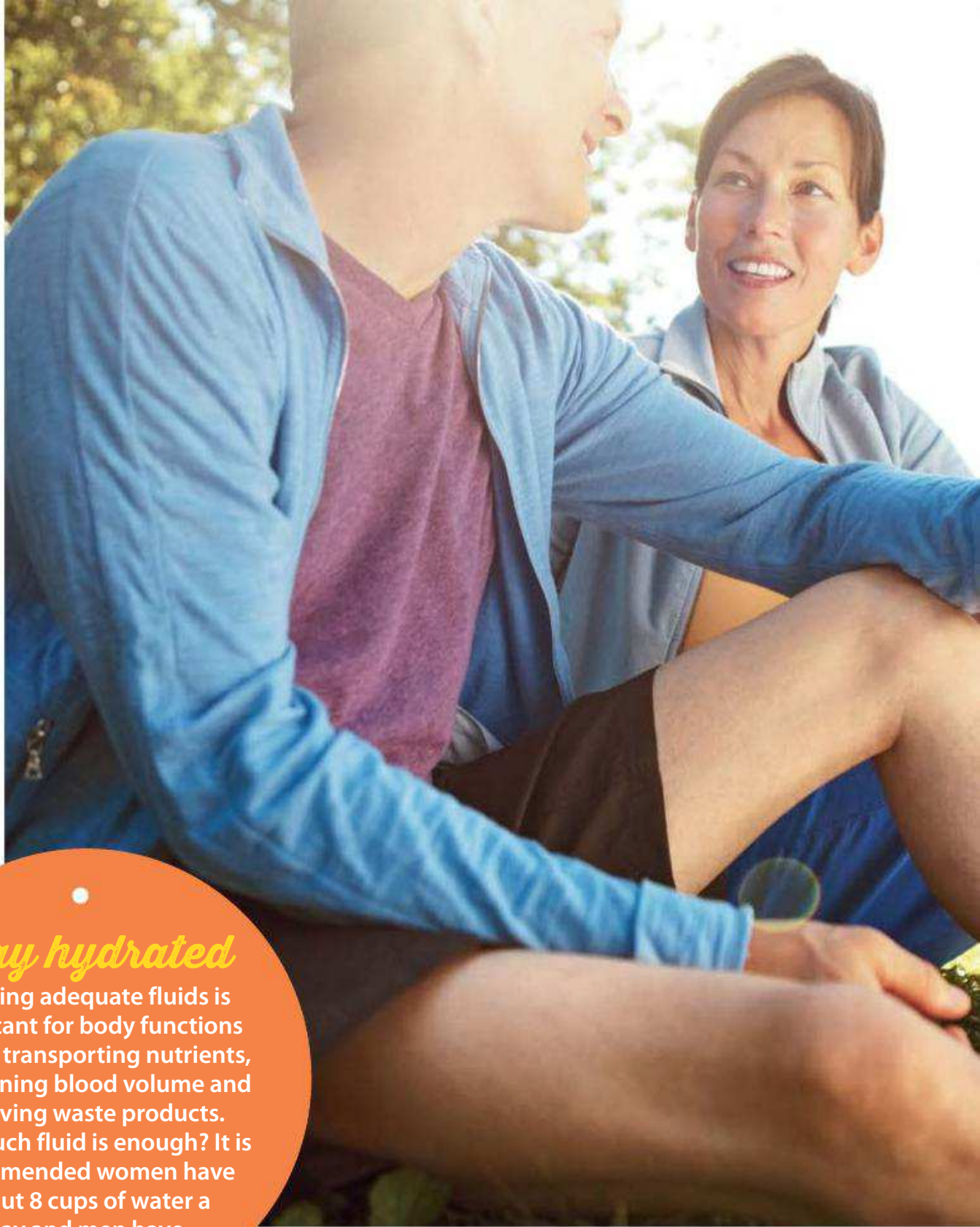
Daily weigh-ins don't capture an accurate picture of your true weight and it's easy to become obsessed over body fluctuations that can be caused by water retention. But that doesn't mean you should stop weighing yourself altogether.

Studies show that people who weigh themselves regularly – at least weekly – have far greater success in weight loss. When you weigh yourself regularly, you make yourself accountable for those little splurges you might make from day to day. So what's the right frequency for weighing yourself? Weekly is good.

Convenience Foods

Lower-kilojoule frozen meals seem like the perfect weight-loss prescription – they're quick, easy and portion-controlled. Keep a few in the freezer if you think they will assist in your weight-loss efforts. However, it's important to note that eating them and not satisfying your hunger or kilojoule needs could work against you.

Research conducted by *The Volumetrics Eating Plan* author Barbara Rolls, of Pennsylvania State University, points out that eating low-kilojoule, high-water foods – such as fruits, vegetables, stock-base soups, and salads –



Stay hydrated

Drinking adequate fluids is important for body functions such as transporting nutrients, maintaining blood volume and removing waste products. How much fluid is enough? It is recommended women have about 8 cups of water a day and men have 10 cups a day.

helps you feel more satisfied. Put this concept into action: if you're going to dine on a low-kilojoule frozen meal, add a large green salad or a serving of a veggie-packed, stock-base soup to help you feel full longer.

Frozen diet dinners are frequently too skimpy on important nutrients to keep you satisfied until the next meal. Many diet dinners contain around 1200 kilojoules and as little as 7 grams of protein (about 28 grams of meat) per serving.

According to dietitian Lisa Merrill, there is plenty of carbohydrate in most diet

dinners, but many do not contain enough protein, which can increase your feelings of fullness. If you're going to dine on a diet dinner, add one serving of very lean protein and a side salad to round out the meal.

Eat Moderate Amounts of Carbs

Carbs have been getting a bad rap for years. Not all foods that contain carbohydrate deserve a bad rap, such as whole grains, legumes (beans), fruits, nonstarchy vegetables, starchy vegetables and low-fat dairy foods. However, some carb-containing foods should be minimised, like sugary foods,



sweets and desserts. These foods provide a lot of kilojoules with little nutrition.

Focus on nutrient-rich sources of carbohydrate that have minimal added sugars or fats or are prepared with small amounts of added sugars or unhealthy fats. You will not only get to eat delicious foods that help you feel satisfied, but your body will benefit from an array of important nutrients, such as fibre, vitamins, minerals, and phytonutrients.



WEIGHT LOSS HEALTH BENEFITS

- Lower blood glucose
- Lower blood pressure
- Improved blood lipids (raise HDL [good] cholesterol; lower triglycerides; and decrease and improve LDL [bad] cholesterol)
- Lighten the stress and strain on your joints and feet
- Improve sleep quality and/or minimise sleep apnoea
- Easier movement and breathing
- Increased energy level

Choose Healthy Snacks

There are many low-kilojoule snacks awaiting your selection on supermarket shelves, poised to help your weight-loss campaign. But some snacks may not be as helpful as they appear.

When you're cutting kilojoules, it's important to make every kilojoule count by choosing nutrient-rich foods – foods that contain important vitamins, minerals and phytonutrients that your body needs to stay healthy.

Indulge Your Sweet Tooth

Every successful weight-loss program offers opportunities to enjoy some of your favourite foods. After all, a healthy eating plan should be for life, not something you go 'on' or 'off'.

But if you splurge on special treats every day, you can sabotage your best intentions for weight loss. Merrill suggests creating a "bank" of extra kilojoules to make room for something you really crave – whether it's a small slice of

birthday cake or a glass of wine at dinner. By cutting back on kilojoules earlier in the day and making sure to squeeze in exercise, you can usually fit in a special treat of 400-600 kilojoules. This is where individually portioned servings of cookies, chocolate, ice-cream bars and chips can come in handy so you don't overdo it.

Practise Portion Control

This is a powerful tool for losing weight and keeping it off. If you're doubling up on portions, you're doubling up on kilojoules. Our portion sizes have grown over the years. In fact, researchers have identified that the increase in portion sizes for some of our favourite foods, such as salty snacks, fries, burgers and soft drinks, is directly responsible for an increase in kilojoules consumed and weight gain.

Keep an eye on how much you're dishing up. A simple rule of thumb: fill half your plate with non-starchy vegetables, one-quarter with low GI carbs (such as fruit, grain bread, or quinoa) and one-quarter of your plate with lean meat or other protein. ■

From diabetes candidate to a healthy, active grandma, Rachel is helping others improve their lifestyle and nutrition needs

▶▶ Despite diving into a variety of diets since her late teens, it was discovering the holistic approach – eating as close to nature as possible, in addition to changing her lifestyle – that resonated with Rachel Willis from Hobart.

“I had a choice. I could keep telling myself and believing I was always on a diet or I could tell myself ‘I am living a lifestyle change’,” says the now 55-year-old grandmother. “It’s amazing how much easier it becomes when you believe you do have the choice.”

At the end of 2009, Rachel was overweight, suffered chronic fatigue and low energy levels, and had also started menopause.

“I remember being on all sorts of diets from my late teen years,”

she says. “Sometimes it was to lose a couple of kilos, sometimes it was as much as 40kg. I always managed to lose the weight, but I didn’t have the knowledge to keep it off.”

Her lifestyle habits – the weight, stress, eating processed foods, not enough exercise and poor sleep – led to the doctor informing Rachel her blood glucose levels were rising and she had pre-diabetes, borderline type 2. It forced her to consider the shape of her future.

“I had a fear of having to rely on medication to keep me well and the health complications that can go with having type 2,” she says. “It forced me to think about my future and what it would look like, especially when grandchildren came along.

I knew I wanted to be a healthy, active grandparent, and I wanted to enjoy life and have plenty of energy.”

A few months later, Rachel joined a 12-week weight loss challenge – which taught her how to read food labels, and understand the vitamins and nutrients the body needs daily – at Hobart Health Hub with her sister. “I resisted at first because I thought I could do it on my own,” she says. “I have always been a private person and I was a bit sceptical, but after a few weeks I was so glad I joined, and I was amazed at how much I thought I knew and didn’t.”

Surrounded by positive support, Rachel continued with five consecutive challenges, losing 48kg in 16 months. Following a healthy nutrition plan, she also started walking (see our walking guide, on



BEFORE, 2009



RIGHT: Michelle in May 2017.

FAR RIGHT: Michelle abseiling the Gordon Dam in April 2016.



I'm learning how to make myself a priority

TYPE 2

page 120). At first it was for only 15 minutes, but in a few months she worked up to 45-60 minutes, five to six days a week.

Since 2009, Rachel has done things she once would never have tried. She has abseiled Tasmania's Gordon Dam, enjoyed canoeing and, just over three years ago, began riding a motorbike. "The change to my body after six to eight weeks was amazing," she says. "I gained heaps of energy, I was sleeping better and I was able to focus better, which meant cooking and meal planning became easier and more doable."

Through all of this, Rachel has kept the weight off. She brought her blood glucose levels back to normal range in a few months, and now only visits the doctor for check-ups. "It is hard to believe the difference I feel now," she says. "When you start to notice the difference in how you feel, your energy, your skin... I am rarely sick... your overall health improves. It also makes you realise that as you age you don't automatically have to start feeling old and like you're going downhill, as they often say."

Rachel now works alongside her sister at Hobart Health Hub, sharing her story and helping others to achieve their own health and wellness goals. ■

RACHEL'S TIPS FOR SUCCESS

- Don't have food at home that you don't want to eat.
- Reduce takeaway, and packaged foods and drinks; drink plenty of water; and increase your daily movement.
- Don't try to do it alone! Stats show results are better when you have support. Engage your family, teach them what good food is and have them help in the kitchen and learn.

TYPE 2

BEATING DIABETES *shame*

Are you ashamed of your diabetes? Afraid of judgement, Ilene Raymond Rush kept hers a secret for years, before deciding to accept her diagnosis and take control of the shame game

▶▶ HIDING DIABETES

It's early March in 1985 and I'm in a hospital bathroom. My father is about to undergo a heart bypass; I'm huddled beside a sink, fighting to squeeze out a drop of blood for my new glucose monitor. But the more I try to extract the blood, the less cooperative my finger becomes. I'm scared of the lancet, scared of getting a reading above 8.3mmol/L. I hate the sight of my own blood. And what if one of my sisters wanders in on me midstest?

The truth is I've kept my condition a secret. I'm terrified of being forced to reveal it. Awaiting the verdict of the machine, I'm also swept with



shame. Ever since my doctor told me I have gestational diabetes, I feel I've done something wrong to hurt my unborn child.

A LEGACY OF DIABETES

Diabetes was always a loaded topic in my family. My father – who was diagnosed with type 2 at age 30 after passing out at a party – never accepted his disease. He never followed a food plan or regularly exercised. That he lived until 89 was a testament to his many years of physical labour at his hardware store.

My father's attitude drove my mother crazy. She'd beg him to see an endocrinologist and to change his diet. Despite her anxieties, he resisted. I suspect he saw diabetes as a sign of personal weakness, and to deny or ignore it was to never give in.

Ignoring his diabetes had clear repercussions. My family and I had witnessed them – when my

father might suddenly go pale, start to sweat and come close to passing out from low or high blood sugar. Once he pulled over and passed out in his car. What saved him, I'll never know. So, when I discovered, while at university, that I had pre-diabetes, I had my model.

Despite my diagnosis, I continued to eat ice cream, pizzas and chocolate chip biscuits. After graduating, I went every few months for check-ups, and my HbA1c levels were always in the normal range. But glucose tolerance tests showed another story – they reached 16.6mmol/L and above. Diabetes had not vanished, it was waiting to jump.

And jump it did. Six months into my first pregnancy, I developed gestational diabetes. How was it going to affect my baby? And how could I tell my parents? Diabetes was a weakness and a shameful legacy. But I

How you can win

Here are three ways to help break the shame cycle:

1 RESPOND, DON'T REACT.
If your medical professionals are judgemental, consider switching. Realise that you're in a system that creates shame. Change your mind about how you're going to see that system.

2 THINK ABOUT HOW TO TRANSFORM YOUR BEHAVIOUR AND WHY.
"All people with a chronic health condition need to learn about their condition, seek medical advice, education and treatment and have a health care team that work together to help best manage the condition," says

Rachel Freeman of Australian Diabetes Educators Association. "Diabetes can be thought of in the same way. Acceptance and good management is the path to remaining healthy and there is support to help."

3 SEEK SUPPORT.
"Surround yourself with people who know your deeper motivation to change, who aren't critical, and who are open enough in your relationship with them so that when they do act in a shaming way, you can approach them and tell them why what they're saying is counterproductive," says Ann Goebel-Fabbri, a psychologist at the Joslin Diabetes Center in Boston in the US.

wasn't my father. Because of my baby, I had no room for denial.

I took control. This meant sometimes four hours of exercise a day. If my sugar rose a few points, I biked it down; if I ate an extra slice of bread, I made for the local pool, where I swam endless laps. The glucose monitor was my new companion. I stuck to my extreme exercise plan until the day before I was induced. The result? A healthy 3.8kg son – and two proud grandparents who never knew my secret.

ACCEPTANCE AND ACTION

Seven years later, in my second pregnancy, my endocrinologist insisted I take insulin. My doctor kept careful track of my sugars, and although the pregnancy was again high-risk, I had a second healthy baby boy.

Afterwards, I thought I was through with diabetes. But two years later, I received a diagnosis

of type 2. I should have been prepared. Though I knew to take good care of myself, I had never truly accepted my diagnosis.

WHAT DID DIABETES HAVE TO DO WITH ME?

Years passed. And an odd thing happened on the internet: people began to talk about diabetes. Online, they came clean about their frustrations, anxieties and triumphs. They were funny and candid and earnest and sad. They did what I was unable to do – accept and embrace diabetes as part of their lives.

I began to lurk, then tentatively write, about my own experiences. At 55, almost a quarter century since I first had gestational diabetes, I came out. I wrote

about years of frustration with unpredictable highs and lows. I wrote about dealing with the stringent diet and exercise, the link between diabetes and

depression. I followed the most basic of dictums: Write about what you know.

What do I know? That diabetes is a controllable disease, and – for better or worse – has something to do with me. Which brings me to today. Out to dinner with friends, I casually pull out my monitor, prick my finger and take a reading. On occasion, someone will ask what

I'm doing, and I explain, unabashed and unashamed. "You're so matter-of-fact about it," they say in reply. I can only smile. ■

They did what I was unable to do – accept and embrace diabetes as part of their lives

**Keep your feet healthy
with these expert tips**

best foot **FORWARD**



▶▶ The average human – if you live to the age of 80 – takes an amazing 216,262,500 steps in their lifetime. So taking great care of those tootsies is vital, especially if you have diabetes.

Neuropathy caused by high blood glucose over time, poor circulation and infection can lead to serious foot trouble.

“Nerve damage causes a person to lose the ability to feel pain and protect themselves,” says David G. Armstrong, director of the Southwestern Academic Limb Salvage Alliance at the University of Southern California. “What you can’t feel can hurt you.”

Up to 65 per cent of people with diabetes have some form of neuropathy, which can cause numbness and pain in feet.

Blisters, sores, ulcers and gangrene (dead tissue) are all complications that stem from poor foot care.

However, there are warning signs to heed, and a lot of problems are preventable, says Armstrong.

KEEP CLEAN

Wash your feet daily with mild soap and warm water – just avoid really hot water, which can damage your skin.

KNOCK YOUR SOCKS OFF

Really! Slip off your socks and give yourself a daily foot exam. Look for cuts, swelling, sores, warts or changes that may have occurred. Ask a trusted person for help, or use a mirror, if needed.

GET MOVING

Physical activity promotes circulation through your legs and feet and helps regulate your BGLs. Aim for 150-300 minutes of physical activity each week.

NAIL IT

Trim clean and dry nails straight across, and smooth edges with a nail file. Keeping nails trimmed prevents them cutting or growing into skin. (Don’t trim too short as this can cause an infection or ingrown toenail. If you need help, ask someone you trust.)

SMOOTH YOUR SOLES

Thick patches of skin (corns or calluses) can grow on the bottom of feet. Apply Plunkett’s NS-8 Heel Balm Complex (from \$11.90) to clean, dry heels and feet to quickly restore your skin.

ALERT THE DOC

“Foot complications are the most common reason someone with diabetes ends up in the hospital,” says Armstrong. Call or visit your healthcare provider if you have a cut or bruise that doesn’t heal in a few days, see signs of infection, or notice something strange.

SELECT SMART SHOES

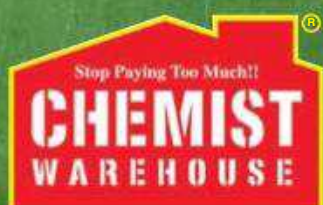
The right shoes make all the difference. “Have your feet measured properly as both feet can be different and change over time,” explains podiatrist Danielle Veldhoen. “Make sure they are comfortable with the correct length, width and depth to avoid rubbing on toes and heels slipping. They should not need ‘breaking in.’” ■

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Diabetic
friendly



WALK OFF THE **WEIGHT** IN *12 weeks*

This purpose-built exercise plan will literally put you on the path to success

▶▶ It's time to start on your weight-loss journey. "You don't need to use any fancy equipment or learn any complicated steps," says Leslie Sansone, group exercise leader, Walk at Home fitness trainer and designer of this Walking Challenge program. "You just

have to get pumped up about burning fat, toning your muscles, building bone strength, reducing stress and dramatically reducing your risk for heart disease." Following this plan will take you on a walk in the right direction. ➤

WEEK 1	
MONDAY	From your front door, walk for 7-8 minutes and then return home along the same route – don't worry about your pace.
TUESDAY	Walk for 10 minutes, then walk back.
WEDNESDAY	Walk for a total of 15 minutes.
THURSDAY	20 minutes.
FRIDAY	15 minutes.
SATURDAY/ SUNDAY	Mix it up. Look for opportunities to walk whenever you can. Take the family for a long walk to a park. Get to a shopping centre early and window-shop as you briskly move through the long corridors. Head to a beach or river and walk along the shore.
WALKING WISDOM	A brisk 20-minute walk can calm you as much as taking a mild tranquilliser. Exercise triggers the release of endorphins, which are brain chemicals that relieve pain and stimulate relaxation.

exercise

WEEK 2	
MONDAY	Walk 12 minutes one way and then walk back.
TUESDAY	30 minutes.
WEDNESDAY	24 minutes.
THURSDAY	30 minutes.
FRIDAY	24 minutes.
SATURDAY/ SUNDAY	Mix it up. Look for opportunities to walk whenever you can. Take the family for a long walk to a park. Get to a shopping centre early and window-shop as you briskly move through the long corridors. Head to a beach or river and walk along the shore.
WALKING WISDOM	When your walk surpasses the 20-minute mark, blood flow and the amount of oxygen in your blood increase.

WEEK 3	
MONDAY	Walk 15 minutes one way and then walk back..
TUESDAY	40 minutes.
WEDNESDAY	30 minutes.
THURSDAY	40 minutes.
FRIDAY	30 minutes.
SATURDAY/ SUNDAY	Mix it up. Look for opportunities to walk whenever you can. Take the family for a long walk to a park. Get to a shopping centre early and window-shop as you briskly move through the long corridors. Head to a beach or river and walk along the shore.
WALKING WISDOM	Keep moving for 30 minutes or more and your body will begin releasing stored fat and start using it as energy.

WEEK 4	
MONDAY	Walk for 15 minutes in total, at a quick pace. Aim for 1.5km.
TUESDAY	40 minutes.
WEDNESDAY	30 minutes.
THURSDAY	40 minutes.
FRIDAY	30 minutes.
SATURDAY/ SUNDAY	Mix it up. Look for opportunities to walk whenever you can. Take the family for a long walk to a park. Get to a shopping centre early and window-shop as you briskly move through the long corridors. Head to a beach or river and walk along the shore.
WALKING WISDOM	The faster you go, the more you'll build up your heart muscle strength. The increase in blood flow will also keep your arteries from hardening, which helps ward off atherosclerosis.

exercise

WEEK 5	
MONDAY	Walk 30 minutes. Covering 3km is your goal. Boost this session with Upper Body & Core Activators.
TUESDAY	Walk 15 minutes: 1.5km goal! Pump up this walk by adding Speed Steps.
WEDNESDAY	Walk 30 minutes: 3km goal. Boost this session with Upper Body & Core Activators.
THURSDAY	Walk for 15 minutes: 1.5km goal. Pump up this walk by adding Speed Steps.
FRIDAY	Walk 5km. Don't worry about how long it takes.
SATURDAY/ SUNDAY	Cross-train! The weekend is the best time to "wake up" other muscles in the body. Go for a bike ride or join the kids for some fun in the backyard – badminton and frisbee also count if you play for at least 30 minutes. Or head to nearby school grounds and shoot some hoops, hit a tennis ball against a wall or kick around a soccer ball. There are endless ways to cross-train.



WEEK 6	
MONDAY	Walk 30 minutes. Pump up this walk with Speed Steps. This week do 100 faster steps every 5 minutes.
TUESDAY	Walk 40 minutes. Boost this session with Upper Body & Core Activators.
WEDNESDAY	Walk 30 minutes. Pump up this walk with Speed Steps.
THURSDAY	Walk 40 minutes. Boost this session with Upper Body & Core Activators.
FRIDAY	Walk 30 minutes. Pump up this walk with Speed Steps.
SATURDAY/ SUNDAY	Cross-train! The weekend is the best time to "wake up" other muscles in the body. Go for a bike ride or join the kids for some fun in the backyard – badminton and frisbee also count if you play for at least 30 minutes. Or head to nearby school grounds and shoot some hoops, hit a tennis ball against a wall or kick around a soccer ball. There are endless ways to cross-train.

WEEK 7	
MONDAY	Walk 3km. Your goal is to cover this distance in 30 minutes or less. Pump up this walk with Speed Steps. This week do 30 seconds fast walking or jogging after every 10 minutes of walking.
TUESDAY	Walk 5km. Your goal is 45 minutes or less.
WEDNESDAY	Walk 3km in 30 minutes or less. Pump up this walk with Speed Steps.
THURSDAY	Walk 5km. Your goal is 45 minutes or less.
FRIDAY	Walk 3km in 30 minutes or less. Pump up this walk with Speed Steps.
SATURDAY/ SUNDAY	Cross-train! The weekend is the best time to "wake up" other muscles in the body. Go for a bike ride or join the kids for some fun in the backyard – badminton and frisbee also count if you play for at least 30 minutes. Or head to nearby school grounds and shoot some hoops, hit a tennis ball against a wall or kick around a soccer ball. There are endless ways to cross-train.



Try these alongside your weekly goals

- * **Boost sessions with Upper Body & Core Activators:** After 5 minutes of walking, raise your arms above your head and tuck your belly button back towards your spine. Hold this “tummy tuck” as you do 10 more repetitions of raising your arms above your head. Do this every 5 minutes throughout your walk. At the conclusion of a 30-minute walk you’ll have performed 6 sets of Upper Body & Core Activators.
- * **Pump up walks by adding Speed Steps:** After 5 minutes of walking, push yourself to walk faster for 50 steps. You can even take it to a gentle jog if you’d like. Do this every 5 minutes throughout your walk. In a 15-minute session you’ll do 150 Speed Steps. ➤

WEEK 8	
MONDAY	Walk 5km. Boost this session with Upper Body & Core Activators. This week, every 10 minutes tuck in your tummy and do 10 reps of arms over head.
TUESDAY	Take two separate 15-minute walks today. This will help keep your metabolism revved.
WEDNESDAY	Walk 5km. Boost this session with Upper Body & Core Activators.
THURSDAY	Take two separate 15-minute walks today.
FRIDAY	Walk 5km. Boost this session with Upper Body & Core Activators.
SATURDAY/ SUNDAY	Cross-train! The weekend is the best time to “wake up” other muscles in the body. Go for a bike ride or join the kids for some fun in the backyard – badminton and frisbee also count if you play for at least 30 minutes. Or head to nearby school grounds and shoot some hoops, hit a tennis ball against a wall or kick around a soccer ball. There are endless ways to cross-train.

WEEK 9	
MONDAY	Walk 5km in 45 minutes. Add a Climbing Session.
TUESDAY	Walk for 10 minutes before each meal. (Your goal is a total of at least 30 minutes of walking.)
WEDNESDAY	Walk 5km in 45 minutes. Add a Climbing Session.
THURSDAY	Walk for 10 minutes before each meal. (Your goal is a total of at least 30 minutes of walking.)
FRIDAY	Walk 5km in 45 minutes. Add a Climbing Session.
SATURDAY/ SUNDAY	When your workout plans get sidetracked, just reschedule: Do your Tuesday walk on Saturday and your Friday walk on Sunday. As long as you fit in 5 workouts in a 7-day period, you'll be well on your way to a healthy BMI. And on those weeks when you stick to the Monday through Friday schedule, push yourself a little more and go for a really long walk or hike (1-2 hours) on Saturday or Sunday. Then give yourself a well-deserved pat on your ever-shrinking backside.

WEEK 10	
MONDAY	Walk 3km and do a Climbing Session.
TUESDAY	Walk 6km. Clock yourself and try to finish in 60 minutes or less!
WEDNESDAY	Walk 2km and do a Climbing Session.
THURSDAY	Walk 6km. Clock yourself and try to finish in 60 minutes or less!
FRIDAY	Walk 3km and do a Climbing Session.
SATURDAY/ SUNDAY	When your workout plans get sidetracked, just reschedule: Do your Tuesday walk on Saturday and your Friday walk on Sunday. As long as you fit in 5 workouts in a 7-day period, you'll be well on your way to a healthy BMI. And on those weeks when you stick to the Monday through Friday schedule, push yourself a little more and go for a really long walk or hike (1-2 hours) on Saturday or Sunday. Then give yourself a well-deserved pat on your ever-shrinking backside.

WEEK 11	
MONDAY	Walk 5km. If your route does not have hills, drive to one that does. Even a small incline demands the legs do more work.
TUESDAY	Head out in the a.m. and p.m. Walk 15 minutes in the morning and 15 minutes before dinner. Cover 1.5km each time.
WEDNESDAY	Walk 5km. If your route does not have hills, drive to one that does. Even a small incline demands the legs do more work.
THURSDAY	Head out in the a.m. and p.m. Walk 15 minutes in the morning and 15 minutes before dinner. Cover 1.5km each time.
FRIDAY	Walk 5km. If your route does not have hills, drive to one that does. Even a small incline demands the legs do more work.
SATURDAY/ SUNDAY	When your workout plans get sidetracked, just reschedule: Do your Tuesday walk on Saturday and your Friday walk on Sunday. As long as you fit in 5 workouts in a 7-day period, you'll be well on your way to a healthy BMI. And on those weeks when you stick to the Monday through Friday schedule, push yourself a little more and go for a really long walk or hike (1-2 hours) on Saturday or Sunday. Then give yourself a well-deserved pat on your ever-shrinking backside.



Even a small incline demands the legs do more work



*Ready to boost
the burn? Throw
these into the mix*

- * **Climbing Session:** A sure way to lower your BMI is to add short, intense bursts of activity to your walks. You can do this by tackling some inclines. Powering up stairs or hills engages the glutes (your backside) and quads/hamstrings (your thighs), and strengthening these major muscles results in big kilojoule burn. So find yourself a good set of stairs, a hilly route or even just a kerb and get moving.
- * **Outdoor stairs or hills in your neighbourhood:** Work them into your walk. After every 5-10 minutes go up and down once. Try for 4 flights of stairs or 4 hills spread out throughout the walk.
- * **Stairs at home:** Hit the stairs at home at the end of your walk. Take them up two at a time and then come down slowly. Repeat 4 times.
- * **No stairs or hills nearby:** Using a kerb, step up and down for about 10 minutes. Lead with your right foot for 5 minutes and then your left for another 5. ■

WEEK 12	
MONDAY	Walk 6km and add a Climbing Session.
TUESDAY	Walk 3km in under 30 minutes.
WEDNESDAY	Walk 6km and add a Climbing Session.
THURSDAY	Walk 3km in under 30 minutes.
FRIDAY	Walk 6km and add a Climbing Session.
SATURDAY/ SUNDAY	When your workout plans get sidetracked, just reschedule: Do your Tuesday walk on Saturday and your Friday walk on Sunday. As long as you fit in 5 workouts in a 7-day period, you'll be well on your way to a healthy BMI. And on those weeks when you stick to the Monday through Friday schedule, push yourself a little more and go for a really long walk or hike (1-2 hours) on Saturday or Sunday. Then give yourself a well-deserved pat on your ever-shrinking backside.



AT-HOME CIRCUIT TRAINING

**Work the muscles and joints you
use the most to improve your
ability to do everyday tasks**

▶▶ This popular style of workout combines aerobic exercises and resistance training in a single session – and you can perform this circuit routine

in the privacy of your house. With some modifications and practice, this workout is doable for people with diabetes of all fitness levels. Have fun with it!

Supplies

- Comfortable clothes and shoes
- Clock or watch
- **Various furniture:** chair, couch, wall, step, stool or table
- **Optional:** heart-rate monitor such as Fitbit or Garmin
- **Optional:** bands, dumbbells, barbells or light kettlebells

SQUAT WITH SHOULDER PRESS

1 Hold dumbbells at shoulders. Flexing at hips and knees, lower until thighs are parallel with floor (or as far as joint mobility allows), lower back neutral or slightly arched, weight in heels. Push through entire foot to stand while raising weights over head, elbows in line with ears. Repeat.



DIPS

2 Choose a chair or something similar that can support your weight. Place hands on the edge, shoulder width apart. Arms extended, walk body out until torso is 10cm in front of furniture, knees bent at a 90-degree angle, feet flat on floor. Lower until elbows make a 90-degree angle (or as far as you can go). Next, press down into furniture and extend elbows to return to start. Repeat.



YOUR WORKOUT

- **8–12 repetitions** of each move (or until you break form), 2–4 sets per exercise.
- **Between sets**, march in place 2–3 minutes. To rev up your heart rate, add arm movements such as raising them to sides or pushing out.
- **Do this 30-minute** routine 2–3 times per week on non-consecutive days.

WARM UP: Start by raising heels off the ground and progress to a high march, slowly adding moves like “raise the roof” (lifting arms to the ceiling), pushing out and side stretches for 5 minutes. Before each of the following exercises, perform a warm-up set by mimicking the movements in a slow fashion.

People with diabetes can lower their HbA1c nearly 2x more with a combination of aerobic and resistance exercises, compared with either alone.



STEP-UPS WITH BICEP CURLS

3 Stand with weights in hands, arms at sides. Step onto a step or stool with one foot and shift weight to that leg as you rise, bringing trail leg up to meet it. Simultaneously curl dumbbells towards shoulders. Stand and relax. Next, lower trail leg to the floor, then lead leg, while slowly lowering dumbbells. Repeat with opposite leg and continue alternating. ➤

CHAIR PULL AND PRESS

4 Get on your knees facing stable furniture. Close to the chair, place hands about shoulder width apart, arms extended. Sit back on heels, stretching back and arms. Push into hands and pull forward to raise your body up and toward the chair. Use arm strength (not legs or hips) to rise. Once you're upright, lean forward and lower your body towards the chair by bending elbows (doing a push-up). Repeat.



Cool Down
Start with a high march and regress to a heel lift for 1-5 minutes. Stretch muscles used in this workout until you feel slight discomfort, holding 10-30 seconds, 1-4 sets for each muscle.

MAKE IT HARDER

Master these moves before adding weights or bands. Chronic musculoskeletal issues may hinder your ability to perform them.

- **As exercises** become less challenging, increase reps to 8–12 for maintenance.
- **To improve** muscular endurance, perform 12+ reps.
- **With weights** or bands, do 6–8 reps to up strength.
- **Start with** 1 set and build to 3.
- **2-for-2 rule:** If you can do 2 reps beyond your goal on the last set (2 sets or more), increase the resistance of your weights or band.



Circuit training can burn 20-30 per cent more kilojoules than cardio or weights alone and provides improved blood glucose, insulin sensitivity, blood pressure and cholesterol in people with diabetes.

Power move

This move works the thighs, hips, abs, lower back and shoulders.



ARM SWING

5 Stand with feet flat on floor, hip to shoulder width apart, toes forward, knees slightly bent. Hold dumbbell with both hands and straighten arms out in front of you. Slightly flex hips and gently swing arms back between legs until torso is parallel to floor. Next, swing arms forward and up towards eye level by extending the hips and knees, elbows extended and back neutral. (Use your momentum to swing arms up.) Repeat or begin cool down. ■

YOGA (FITNESS) MAT

Not just for yoga, these mats also provide a protective layer of cushioning for your joints from the floor. Dark marble 6mm PVC yoga mat, \$49.99

WRIST AND ANKLE WEIGHTS

Use these to increase kilojoule burn, while also strengthening and toning arms and legs.

Adjustable ankle/wrist weights, \$29.99/3kg or \$39.99/5kg

RESISTANCE BANDS

Get help to strengthen muscles and boost mobility. [They are also known as microbands, medibands, resistance tubes, stretch bands and muscle bands.]

Bands, from \$14.99

Equipment FOR YOUR HOME

With tools such as these, it's easy to set up your own workout zone – without spending a fortune

RIDE ISO SHOES

Adapting to feet shape and motion, these shoes give a greater range of motion, support and flexibility for your Achilles tendon system.

Ride ISO shoes, \$200 (for stockists, visit saucony.com.au/store)

WEIGHTS

Whether you use dumbbells or kettlebells, start light and work up to a heavier weight.

Neoprene dipped dumbbells (0.5-10kg), from \$2.99; Kettlebell weights (4-24kg), from \$19.99

THERAPY ROLLER

This self-massaging tool gives your sore muscles TLC, relieving tightness. The firmer the roller, the more intense the 'massage'.

Soft therapy roller, \$19.99/45cm or \$39.99/90cm ■

Note: all items listed are available at Rebel Sport (unless otherwise stated). Products also available at Kmart and local sporting stores.

good advice

Feel better in 5

Big changes start with simple steps. Try these ideas to help improve your wellbeing

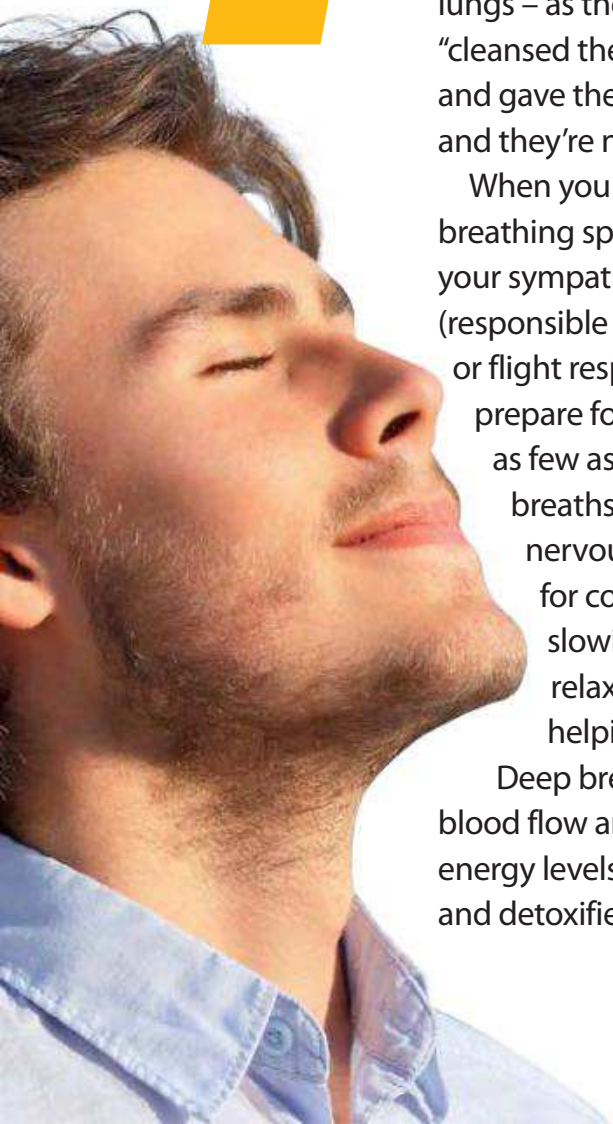
1 THE POWER OF DEEP BREATHING

Back in ancient Greek and Roman times, doctors would recommend their patients take deep breaths – voluntary holding of air in the lungs – as they believed this exercise “cleansed the system of impurities” and gave the individual strength; and they’re not wrong.

When you feel anxious, your breathing speeds up and causes your sympathetic nervous system (responsible for activating the fight or flight response) to kick in and prepare for danger. But, by taking as few as three long, deep breaths, your parasympathetic nervous system (responsible for conserving energy, by slowing your heart rate and relaxing muscles) takes over, helping you calm down.

Deep breathing also improves blood flow and posture, boosts energy levels, reduces inflammation and detoxifies the body.

2 FOLLOW THE FINNS TO FIND YOUR INNER SECOND WIND



Ever wondered how you made it to the finish line in a race, even though the last few metres made you want to give up? Well, that's *sisu*.

A favourite word of the Finnish people, '*sisu*' is an untranslatable term that refers to finding that 'second wind' of inner strength to get you through. They believe this trait lies within each of us, and often appears when we are presented with the choice to give up or buckle down.

Finns believe one of the best ways to tap into this is through stepping outside your comfort zone. To begin tapping into your *sisu*, start with small steps:

- Try changing up your everyday habits (such as trying a new restaurant or taking a different route to work) and see where it takes you.
- Observe what's going on, and take your time in making any decision. Don't just react, think!

A change of habit can tap into your sisu

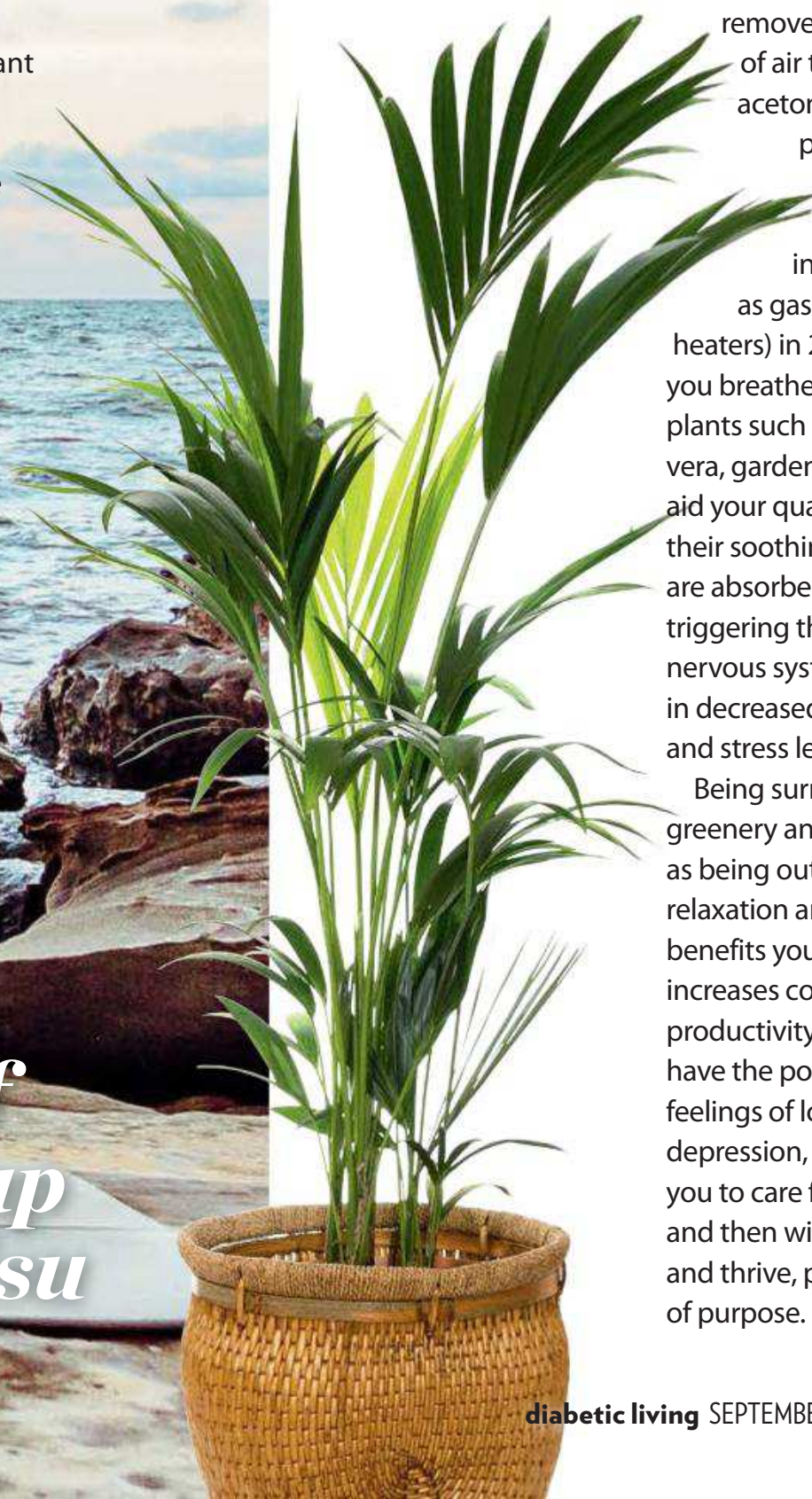


3 GREEN THUMB

Indoor plants not only can brighten a room, they also provide wellbeing benefits.

Extensive research by NASA revealed houseplants can remove up to 87 per cent of air toxins (such as acetone – common in polishes and paints – and carbon monoxide – a gas in appliances such as gas fires and water heaters) in 24 hours, helping you breathe cleaner air. Further, plants such as lavender, aloe vera, gardenia and jasmine can aid your quality of sleep via their soothing scents, which are absorbed into your body, triggering the parasympathetic nervous system and resulting in decreased blood pressure and stress levels.

Being surrounded by greenery and nature – such as being outdoors – brings relaxation and calm that benefits your mood and increases concentration and productivity. Indoor plants also have the power to improve feelings of loneliness and depression, as encouraging you to care for a living thing, and then witnessing it bloom and thrive, provides a sense of purpose. ➤



good advice

4 DOODLING APPROVED

Despite being told to stop drawing at school when you should be paying attention, it turns out doodling isn't as distracting as once thought.

Psychologist Jackie Andrade conducted an experiment that found people who were allowed to doodle while listening to a dull phone recording recalled 29 per cent more information than those who did not. From this, and other findings, researchers believe doodling helps you to stay focused on the task at hand, and prevent yourself from daydreaming.

Researchers further found doodling helps relieve stress or anxiety, which is why many people also turn to colouring books – and if you haven't tried this, then do so!

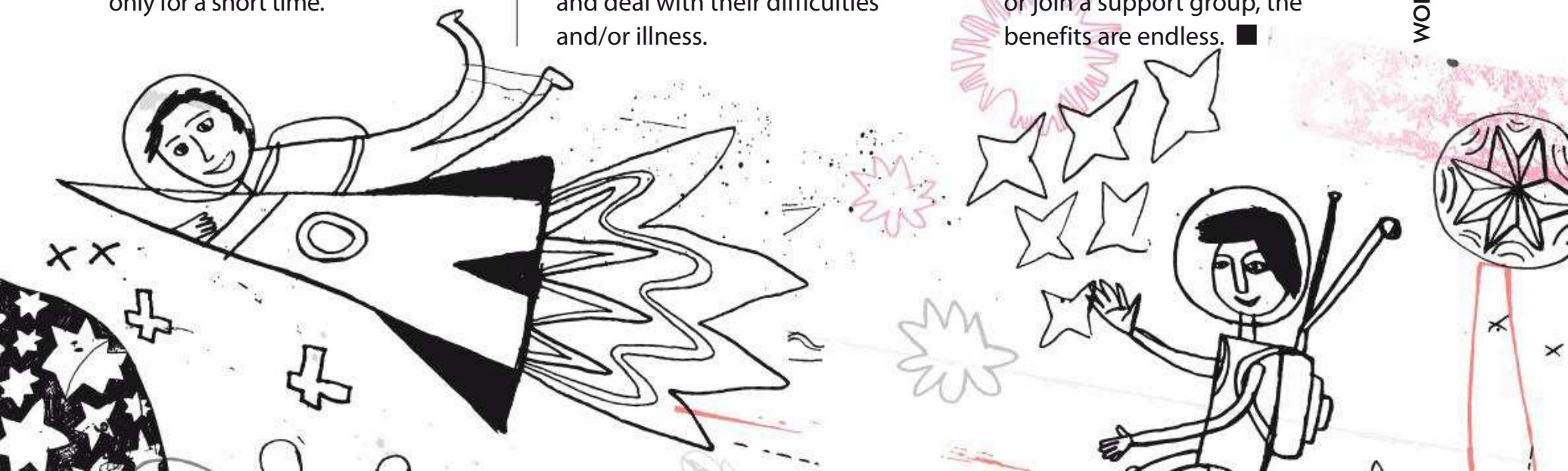
Keeping your hands busy (through doodling or colouring) during tough or stressful times encourages the mindfulness technique called 'grounding' – focusing on the present moment and setting aside your worries, even if it's only for a short time.

5 EVERYONE NEEDS SUPPORT

Author C.S. Lewis once said, "Affection is responsible for nine-tenths of whatever solid and durable happiness there is in our lives." Having that emotional support around you – whether it comes from family, friends or healthcare professionals – can help individuals to accept and deal with their difficulties and/or illness.

Many people are often embarrassed or fear asking for help, however, talking to other people who have been through similar experiences can help you to overcome your own current and future challenges and improve your psychological wellbeing. Seeking emotional support is not a sign of weakness, rather, it's a measure of your self-value and the expectation that you deserve help when necessary. Whether you find one-on-one support, or join a support group, the benefits are endless. ■

WORDS ELLIE GRIFFITHS PHOTOGRAPHY GETTY IMAGES



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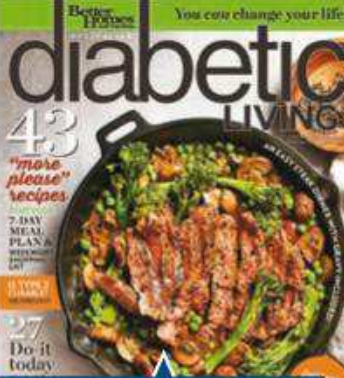
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KEY ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb ● Slow cooker

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

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Life is *sweet*

Our resident type 1 columnist, Rob Palmer, counts his blessings that sugar-free treats have evolved since carob Easter eggs



I remember an Easter way back in the depths of history when eggs meant so much more than an over-priced commitment to a chocolate sugar rush up to three months either side of a date for the

celebration of the actual Easter event. In fact, now you can have Easter eggs almost all year long, and they aren't even called Easter eggs. OK, whinge over.

The point is, when I was diagnosed with type 1 at seven, Mum asked the Easter bunny to look into a sugar-free option so I could participate in the Easter Sunday egg hunt and have something to eat without sending my nervous BGLs up through the ceiling of tolerance.

And then, carob. Whoever thought a carob egg was a good idea has probably never tasted one. Even at seven I was diplomatic enough not to spit it out on the grass by the bush I found it under. No point insulting the bunny after the effort it had obviously gone to. My name was even on it.

The sugar-free options in the '80s weren't what you'd call the tastiest of treats. Whether it was rubbery sugar-free jubes, diet cordial, diet jelly, jam or sugarella, there was this chemical taste in most of them I found as discomfiting as mushrooms and pumpkin. In fact, as a seven-year-old, I'd almost take a mushroom sandwich over a bowl of (diet) sugar-free jelly. Almost.

On the upside, I found my taste for sugar waned

and I began to enjoy the natural taste of foods. Mum, knowing what I thought of artificial sugar, began experimenting. She started using a quarter of the recommended amount of sugar in cakes. Imagine a coconut and orange cake that actually tasted like coconut and orange. Who needs sugar?

Fast forward to today and there are almost as many health food stores as chemists... maybe more. We are learning to enjoy natural flavours minus the spoonful of sugar. The medicine goes down just fine.

That said, I have always managed to get hypnotised by ice cream. Even when my BGLs say, "no way", I'll sometimes slip a spoon in the tub. Nobody's perfect, nor should they have to be.

They say fortune favours the bold; now it also has favoured my diet. A naturally sweetened ice cream has been

created that defies any bitter memory I have of carob eggs and chemical-tasting sweetener, yet it parades around at about 99 per cent sugar free.

For the first time in my living memory, I ate a half-litre tub of Denada – a creamy, chocolatey ice cream – while watching my CGM like a hawk, and saw next to zero effect on my BGLs. Incredible.

Without getting all techy on how they do it, the sweetness comes from a vegetable extract called xylitol and the flavours are all natural. Our society's obsession with health foods has finally, according to my tastebuds, paid dividends.

I've rediscovered ice cream pleasure and freedom – and it only took 35 years. ■



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